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ISLAND TIMES

SEPTEMBER 2008

A community newspaper covering the islands of Casco Bay

FREE

Peaks Island Norway maple in competition for largest in Maine



BY BENJAMIN SNYDER

Measured in at 80 feet tall with a circumference of 162 inches and a crown spread of 84 feet, a Norway maple tree (*acer platanoides*) owned by Peaks Island resident Philip Munn, is expected to be named the largest in Maine.

The tree, which dates back to before 1908, was planted by the late Peaks Island resident Margaret Randall in front of Winchester Cottage, now owned by Mr. Munn. It has been entered as a contestant in Maine's Register of Big Trees, which is sponsored by the Maine Forest Service, and the national organization American Forests.

According to Jan Santerre, coordinator for the Maine register, three measurements are taken to select the largest tree: height, crown spread, and the circumference of the trunk measured at 4.5 feet from the ground. "The nominations for

the competition," she explained, "are taken and verified by licensed professional foresters and/or licensed Maine arborists, [who are] most often Maine Forest Service district field foresters."

Mr. Munn first got the idea to enter his Norway maple into the competition from a friend, arborist Edward A. Richardson, who has many of his own trees listed in the register. On June 30, 2007, landscaper Stanwood Newell, who has taken care of the tree for over 25 years, measured it for the competition. A licensed forester, Becky Tavani, was sent to verify these measurements ten days later.

According to Ms. Tavani's figures, Mr. Munn's tree has a total of 263 points, calculated as the circumference plus the height plus one-fourth of the crown

please see MAPLE, page 18

Douglas MacVane April 10, 1924 - August 20, 2008



Doug MacVane at the Memorial Day ceremony May 25, 2008.

photo by Arthur Fink

Douglas MacVane died in the early hours of Wednesday morning, Aug. 20, while en route to the Maine Medical Center. He was 84.

Members of the Peaks Island police force and paramedics in Portland made every attempt to revive him during transportation to the hospital. Captain David Pendleton with the Portland Fire Department, who was on duty at the time, gave the following account of the incident:

"Mr. MacVane was home that

early morning. He was having an episode so he called after-hours rescue for help. Two members of the Peaks Patrol quickly arrived. At the same time the in-town crew was dispatched, which consisted of two paramedics from MedQ No. 5 and three members of the boat crew, who proceeded on the Cavallero [fire boat]. They arrived just as the ambulance arrived [at Forest City Landing].

At that point Mr. MacVane was in a very serious condition. We quickly transferred him

onto the Cavallero for the trip back to Portland. Paramedics did some very difficult and advanced procedures on him on the way. They arrived at the State Pier and transferred him to an ambulance waiting there. Unfortunately all the efforts made at the medical center were not successful."

A memorial service was held on Peaks Island Sunday, Aug. 31 at noon at the Lions Club. For coverage of the service, please go to page 10

Peaks Island Council addressing need for zoning improvement

BY KEVIN ATTRA

In a 90 minute presentation on Friday, Aug. 8, at the community center, using wall maps and slide show images, Peaks Island Council Members Rob Tiffany and Lynne Richard described four zoning systems used throughout the country and illustrated ways in which these systems could be applied to zoning on Peaks Island. The seminar, titled "Zoning 101", was essentially an interim report on a study being conducted by the council in order to develop accurate property maps and bring current zoning codes on the island up to date, which was last done in 1985. A significant problem found in the current system was the fact that lines drawn on the 1985 map are so thick they amount to an area effectively 30 feet wide, cutting through people's property and leading to confusion about where the boundaries actually lie in real space.

A draft version of a new zoning map, produced by Art Astarita using contemporary computer imaging techniques and displayed at the meeting, illustrated another quirk in the system the PIC will have to resolve: there are plots of land scattered around the island that have no record of ever being

owned by anyone. In discussing the new map Mr. Astarita said other problems have also cropped up, including maps showing the location of certain rights-of-way that don't correspond to images in aerial photographs. "You may want to correct this," he suggested.

please see COUNCIL, page 8

O.B. O'Brien "represents" in Denver



O.B. O'Brien represented Maine at the Democratic Convention in Denver in late August. His impression of the event is described on page 8. You can read a day-by-day account on his weblog at: <http://ob4obama.blogspot.com>



Council Members Lynne Richard (seated near screen) and Rob Tiffany (addressing the audience) presented a history of zoning in the U.S. in order to provide the community members with a framework for discussing zoning changes on Peaks Island

staff photo

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On the cover:



BAGHEERA

The 72-foot wooden schooner, Bagheera, was built in 1924 at Rice Brothers Shipyard in East Boothbay, Maine. She was designed by one of the world's premier classic yacht designers, John G. Alden, and built as a pleasure yacht for Marion Eppley of Newport, Rhode Island.

Originally named Beacon Rock, she was sold to a Chicago business tycoon and renamed Bagheera in 1928. In the 1920s, the Bagheera sailed in the Bermuda Race at least once before being delivered to the Great Lakes, where she spent many years building her reputation as one of the most formidable schooners on the racing circuit, winning the annual Chicago-Mackinac Race for several years running.

Later she was passed around among various owners who used to sail the world's oceans. She crossed the Atlantic to the Mediterranean, cruised areas of the Pacific including the Galapagos Islands, and spent many years in the Caribbean Sea, winning

races there as well.

In the 1980s, Bagheera was fitted out in San Diego for the passenger trade, chartering passengers on whale watches and pleasure sails. She was transported back home to Maine in the spring of 2002 to serve the Portland Schooner Company.

Bagheera was originally designed as a gaff rigged schooner for cruising and racing. In the late 1940s the rig was changed to a staysail schooner with a Marconi mainsail. In 2005, as part of Portland Schooner Company's ongoing restoration efforts, the rig was changed back to a gaff rig with a new suite of sails as originally designed.

Bagheera is vintage Alden, featuring long overhangs, a sweet and graceful sheer line, and a long bowsprit. For construction, Alden turned to the rich shipbuilding heritage of Maine and found able craftsmen at Rice Brothers Shipyard in East Boothbay. Long leaf yellow pine is planked on double sawn white oak frames. The trim below and on deck is mahogany. The spars are Sitka spruce and the masts are Douglas fir. Her dimensions are: Length 72'; Beam (width) 14'2"; Draft (depth) 7'6".

Bagheera has sailed hard and seen some changes but much about her remains original. There is something very romantic about sailing on this classic Maine windjammer, and besides its use for day excursions, the schooner is often used for wedding ceremonies, rehearsal dinner parties, and sometimes even overnight honeymoons. Some couples have exchanged vows off Portland Head Light, others drop anchor in a quiet cove, sail ashore to an island, or just sail into the sunset. The ship's captains can officiate marriages, and a wedding aboard the Bagheera was featured in Modern Bride.

Editor's Note: This is the first in an on-going series of stories about local ships. Each issue will feature a different ship in the logo on the cover, and on this page you can learn more about her, including some basic statistics for the data-lover in you, but mainly the story behind one of the many ships we see around us every day.

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PILP elects new directors and honors White Oak Award recipients at annual meeting

STORY & PHOTO BY CYNTHIA MOLLUS

More than 50 people braved torrential rains, thunder and lightning to attend the Peaks Island Land Preserve (PILP) annual meeting Thursday, July 31 at The Fifth Maine. The meeting, which was open to the public, also featured island historian and Fifth Maine Curator Kim MacIsaac as a guest speaker, whose talk on "Fire! The Plague of Peaks Island" had special relevance since this year PILP is putting increased emphasis on land management, including fire mitigation practices, according to president Garry Fox. The organization is also working to improve land stewardship through new educational opportunities, best practices and communications programs.

Two islanders were nominated and elected to fill vacancies on the PILP Board of Directors, created during the past several months when Lynne Richard was elected to serve on the Peaks Island Council and Ed Daranyi took on greater and more time-consuming challenges in his job. Filling one spot is Johan Erikson, an Assistant Professor of Natural Sciences at St. Joseph's College, whose specialty is surficial geology, and who teaches courses in geology and chemistry. He has also developed a deep knowledge base of coastal Maine environments and ecosystems, which he has used in teaching courses such as "Gulf of Maine Environment by Sea Kayak" for Boston University. Also elected to the Board is Anne Whitman, an island resident for 24 years who is a botanical artist. Whitman has served as vice-president and president of the board of The Friends of Peaks Island Library, and has been co-steward of a PILP property.



New members of PILP's Board of Directors Anne Whitman (left) and Johan Erikson

PILP also formally welcomed new land steward David Stankowicz, who will look after the Clark Parcel, which consists of approximately 3.5 acres in the Tolman Heights area of the island. The conservation easement on the property was given by Frederick and Harriet Clark in 2005. The parcel's mix of forest and freshwater wetlands supports habitats for resident and migratory birds and hawks, as well as other animals. According to Fox, PILP has been very active over the past few months in developing educational tools and training programs for its stewards. The organization held a formal "Stewardship: Principles & Practices" workshop in April, co-hosted with the Portland North Land Trust Collaborative to give participants a better understanding of legal issues, defining easements and deeds and explaining how they work to protect land, and covering management issues including dealing with invasive species, fire management, recreational use and over-use, and storm damage.

Last year PILP began a new award program, the White Oak Award, to recognize outstanding contributions to

the preservation and stewardship of Peaks Island lands. PILP vice-president Steve Schuitt presented the award this year to Art Astarita and Steve Bushey. Astarita has shown ongoing support for effective land management by providing useful geographic information and area-specific maps for PILP and for island residents. Bushey is well-known for his user-friendly map of Peaks produced by his firm Map Adventures, and also leads the Peaks Trail Development Committee working to maintain and enhance island trails. For more information on the Peaks Island Land Preserve, go to www.preservepeaks.org.

Lines from Casco Bay Lines

BY CHRIS HOPPIN

As the summer sailing season moves into its final weeks, your Casco Bay Island Transit District that operates our ferry service continues to work hard to provide reliable service at an affordable price. Despite rising fuel costs, CBITD was able to reduce financial losses through a series of economic actions, including a ticket surcharge, belt tightening and slower sailing operations to conserve fuel. All employees have been very cooperative and helpful in trying to cut costs.

More than 50 islanders attended two public meetings, which were held consecutively on Peaks Island on Saturday, Aug. 16, to voice their concerns about the ferry service. Many were drawn to the meetings by notice of the suggestion to discontinue the 11:30 p.m. ferry to Peaks Island. Residents of the island expressed their view that the last ferry of the night should remain as is during all sailing seasons.

At an Aug. 21 board of directors meeting, the directors decided against making any changes to the winter sailing schedule. Spring and summer sailing schedules will be discussed by the Operations Committee in future meetings. All meetings are posted in the terminal and on the website at www.cascobaylines.com, www.CascoBayLines.com, and they are open to the public.

Several directors said that information from the independent Cost Allocation and Rate Structure Study, being conducted as part of the 50 cent fuel surcharge approved in April, should be considered before any future changes to the rate and service structure are approved. Members of the public share the frustration of the board and CBITD General Manager Catherine Debo at the delay in completing the study, which is being conducted by an outside consultant. We all hope to see results of that study soon.

At the first of the Aug. 16 meetings, Committee Chair Chris Hoppin asked residents to share their views concerning the structure of our rates. Islanders asked about possibly lowering bicycle rates and creating new multiple passenger and multiple car ticket books. They presented conflicting arguments for and against higher rates for cars. They asked about ticket expiration policies and rates in summer and other seasons. Several islanders indicated that administrative and overhead costs should be reviewed before rates are increased.

At the same time, all of us recognize that whatever steps we take to change rates or service must not have a negative impact on the bottom line. CBITD must operate on a break even basis, so any rate actions must be revenue neutral overall. In other words, if we reduce rates in one area, we must make up that revenue in another. We must also work to reduce costs, possibly by reducing the number of ferry trips during one or more seasons.

CBITD has appointed a sub-committee that is exploring opportunities for new revenues. The Intermodal Center Working Group includes Peaks Islanders Steve MacIsaac, board members Frank Peretti and Chris Hoppin, and General Manager Catherine Debo. They have met with city officials and representatives of the Olympia Companies, the developers working on the new Maine State Pier project. The group

please see LINES, page 5



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A dozen girls earn Red Cross babysitter certification

BY CYNTHIA MOLLUS
PHOTOS BY SARAH MACLEOD

Caring for babies and young children is a serious responsibility, and many of us learned babysitting skills by a catch-as-catch-can method, hoping we'd never be put to the test with a real emergency or tough situation. Twelve girls now have the advantage of being Red Cross-certified babysitters through a free program offered by the Friends of TEIA last month.

"Each participant has been taught basic first aid, choking/CPR issues,

TEIA clubhouse," said Stephanie Castle, president of Friends of TEIA. "The program was open to any child between 10 and 13 years old. This year we filled the maximum number of class spots, and then had a waiting list, so I am sure we will offer it again next year," she said. The course was taught by Karen and Ron Vire, who are certified instructors with the American Red Cross. Ron Vire said the group was very impressive, calling them "the best group of kids I've had - very smart."

"They learned how to be great babysitters from start to finish," said Sarah MacLeod, mother of one of the girls. "They started with the importance of getting enough information from the parents so they can do a good job and know what the parents' expectations are, along with any specific issues they should know about the children that will be in their care."

Earning the certification were



Instructor Ron Vire shows Annika Erikson CPR chest compressions.

infant and toddler care and feeding skills, and the 'don't shake Jake' program as part of the all-day course held at the



Grace MacLeod and Calee Lee learn back thrusts to stop choking.

Grace Byrne, Eliza Chapey, Virginia Coffield, Annika Erikson, Willa Hart, Madison Hooper, Jessica Hurley, Calee Lee, Loden Malone, Grace MacLeod, Caroline Pepite, and Elizabeth Strand.

Friends of TEIA was founded in 2001 as a 501(C)(3) organization to provide recreational and educational opportunities for all Peaks Island children. The program is funded through donations from TEIA members, island businesses and residents and through grants and donations received at the wine and appetizer table at the annual Color of Peaks Art Show.

Pottery sale comes early this year

BY KEVIN ATTRA



For this year's "every-three-year" sale of one-off pottery from the Boyd-Williamson studio, Pam Williamson laid out a bunch of pieces that she and her partner, Richard Boyd, had stockpiled, grouped on her lawn around signs indicating the cost of each piece in the group. Prices ranged from \$1 to \$25. It was the third time they'd done this in about 10 years, and she thinks it's become something of an event.

For instance, Pam apparently likes to put plastic, pink flamingos in her yard in the summer, and never really thought much about it when she didn't put them out this year. But a summer resident who had recently come back to the island happened to catch her in the yard one day

and complained that "hey its summer, where are the flamingos?" So when one of Pam's regular patrons stopped by during the sale this year and complained that it had been only two years since the last sale, she had to laugh. "It's become an event, like the pink flamingos."

She says the yard sale is fun. It's an attempt to recoup some of the cost of making the

pieces, mostly seconds, that didn't come out as planned: the color was wrong, or a crack may have developed from the firing, or the piece might be just too heavy. They're too good to throw away, but not good enough to show. After the sale in the past, she has broken up what's left for use as mosaic tiles, but this year a customer wouldn't let her do that, saying the pieces were too valuable to break up. The woman ended up taking them home with her.

Near the end of the sale Pam will usually start giving away pieces with each sale just to get rid of them. "At least I know they are appreciated," she says. The sale is just the one day, usually once every three years, with or without flamingos.

Peaks Island Fund awards over \$35,000 to local charities

BY BILL ZIMMERMAN

The fourth annual meeting of the Peaks Island Fund was held on Thursday, Aug. 21, at the Zimmerman home with approximately 100 people in attendance. Those in attendance enjoyed a beautiful evening and the good news of another successful year of grant awards to island charities.

The PIF committee reported continuing growth of the permanent endowment for the island and another record year of awards. The annual report is available on-line at www.peaksislandfund.org, and at various island locales.

A growing number of island residents are making arrangements to include the fund in estate planning with the hopes that PIF will become a significant source of charitable dollars into the future.

Reta Morrill presented the following grants to island organizations for 2008:

Brackett Memorial Church Weatherization Project has been awarded \$2,500 to support energy conservation and weatherization efforts in their building.

The Fifth Maine Regiment Museum will receive two grants totaling \$2,500. The first is for \$1,500 to expand their Collections to Classroom education initiative designed to create a stronger interest in island history among schools on the mainland and at the Peaks Island School. The second \$1,000 will allow the museum to engage a summer intern who has been doing advanced research into the members of the original regiment.

The Peaks Island Music Association plans to purchase a baby grand piano for its programs. They have been awarded \$3,000 to help secure the piano and equipment for moving it to various island venues.

Home Start, the Peaks Island affordable housing program has been awarded \$3,000 to conduct a needs assessment survey. The hope of PIF is that this survey will help unify island residents in their discussions on the best way to address the issue of affordable home ownership on the island.

The Peaks Island Children's Workshop submitted three proposals. It has been granted \$6,544 for a year-long Wednesday afternoon enrichment program for island children. This program will engage 60+ volunteers who are willing to share their talents with the children.

The Workshop will also receive \$3,000 to expand its After School Program and \$1,000 toward its capital campaign to retire its mortgage, build a reserve fund and defray tuition costs for island families.

The Peaks Island Elementary School has been awarded \$1,383 for an experimental classroom program called Kids on the Ball; \$2,400 to support costs related to a school-wide, day-long trip to Boston's Freedom Trail and the Aquarium; and \$1,000 to cover costs for a French Club trip to Quebec, the culmination of a year-long French culture and language program.

The Peaks Island Tax Assistance - Energy Assistance division will receive \$2,000 for energy audits in eligible homes on Peaks Island.

Volunteers of America - Fay Garman House will receive \$2,335 to create raised gardens for its residents, and to enhance landscaping and install a flag pole at the Senior Center.

The Peaks Environmental Action Team has been awarded \$5,000 for the purchase of a solar powered compacting container



Bill Zimmerman opens the awards ceremony for the annual PIF meeting, which took place on a bright sunny evening at his home.

to be located at the Peaks Island Ferry terminal area. Indications of savings in trash volume and number of pick ups required make a compelling argument for this sound conservation/recycling effort.

Total Grants Awarded: \$35,618

New Members of the PIF Committee

New members elected to the Peaks Island Fund Committee class 2012 are Brad Burkholder, Stephanie Castle, Bob Hannigan and Tom Snyder. They join current members Nancy Flynn, Isaiah Oliver, Kathy Hurley, Jim Lausier, Phyllis Weintraub, Reta Morrill, Perry Sutherland and Bill Zimmerman in encouraging all island residents to ask about getting involved

with the long term development of the island endowment fund.

Additional information about making a contribution to the fund or including the Peaks Island Fund in your will can be obtained by calling Pam Cleghorn or Jen Southard at the Maine Community Foundation, 207-761-2440; by mailing your check to The Peaks Island Fund, c/o Maine Community Foundation, One Monument Way, Suite 200, Portland, Maine 04101; or by going to the Peaks Island Fund website at www.peaksislandfund.org.

Thanks again to the more than 200 donors who supported the Peaks Island Fund in 2007-08.

LINES, from page 3

hopes to attract funding for a transportation center that would provide additional parking at the CBITD terminal for the convenience of islanders while providing additional income for the ferry lines.

All of these efforts focus on maintaining exceptional service while addressing the affordability of transportation for Casco Bay islanders, including the ferries and mainland parking.

American Legion Post 142 elects new officers

FROM AUGUST NEWSLETTER

In the August edition of its quarterly newsletter, the American Legion Post No. 142 announced that Jimal Thundershield was elected June 1 to serve as Commander of the post. He served in the U.S. Coast Guard, and has been a resident of Peaks Island for six years. The post commander serves for one year.

Other newly elected officers are: Barry Shaw, Post Adjutant; Barry Harris, First Vice Commander; Steve Nilson, Second Vice Commander; Carl Lincoln, Finance Officer; Joe Burman, Service Officer; Bob Wilwerth, Chaplain; and Jamison Semon, Sergeant-at-arms.

The newly elected officers are committed to increasing membership, improving communication with members of the legion, and developing a strong presence on Peaks Island through community involvement.

Energy Assistance programs continue for fall

BY CYNTHIA PEDLIKIN

All the weather and oil predictions are for a cold and energy-expensive winter this year, and Peaks Island Tax Assistance is gearing up for tax season and energy season. As you may know, PITA began a program last winter to assist homeowners and renters with energy bills. We are continuing our program this fall.

Applications will be available after Aug. 21 at the Peaks Island Library and the Peaks Island Health Center, as well as with our island clergy who assist with the application process: Pastor Beau Boyle, Father Fred Morse, Pastor Desi Larson, Shep Johnson, and Ruth Williamson. Approved applicants may receive up to \$300 for fuel assistance or energy assistance.

The Peaks Island Fund awarded PITA-EA a grant for \$2,000 this year to help islanders get energy audits for their homes, and we began our Audit and Weatherproofing Program at the end of August with funds set aside to help qualified homeowners with energy audits and simple weatherproofing. Renters may also receive assistance with weatherproofing. The one thing we all know is that we can save on our energy bills by doing some simple weatherproofing.

If this is an area where you need help, please fill out an application, which can be found on the bulletin board of the Peaks Island Library and send it to PITA-EA, PO BOX 126, Peaks Island, Maine 04108.

Energy Assistance is asking for your help. We have a small list of volunteers who will assist with weatherproofing. If you would like to volunteer to help, please call Cynthia Pedlikin at 766-0067.

Goelman Scholarship awarded to Farah Padamsee

INFORMATION PROVIDED BY PIMA

Peaks Island Music Association awarded the eighth annual Barbara Goelman Scholarship to Farah Padamsee, daughter of Rev. Desi Larson of Brackett Church, at the Fifth Maine on Aug. 20 during its Wednesday concert series at the museum.

The scholarship is offered annually to any



Peaks Island music student eight to 22 years old, who demonstrates significant ability and commitment to the study and achievement of musical excellence. Named for Barbara Goelman, a Broadway performer who

moved to Peaks Island from New York, and helped found PIMA, the scholarship award was increased from \$250 to \$500 this year thanks to the generosity of islanders.

Applications for the scholarship are accepted through July 31 each year, and must include a letter stating your age, years of study, instrument(s), experience, aspirations, and interest in the fund. Also required is a letter of recommendation from a music teacher or knowledgeable community member. An audition will be scheduled once the application has been received. Address letters to: Peaks Island Music Association, c/o Faith York, 41 Luther Street, Peaks Island, ME 04108.

Kim MacIsaac presents "Fire! The Plague of Peaks Island"

BY CYNTHIA MOLLUS

PILP asked island historian and Fifth Maine Curator Kim MacIsaac to talk about the history of fires on Peaks, including the Great Fire of 1957 that ravaged a good part of the island.



Museum Curator Kim MacIsaac discusses the history of fires on Peaks Island at the annual PILP board meeting July 31.

Historically, fires were particularly problematic on islands like Peaks because of limited water supplies, the difficulty of getting quick help from other area fire departments, and the fact that most of the buildings were wooden.

Ms. MacIsaac talked about early fires that burned: the Chapman House in the Tolman Heights area in 1905, the Valley View House (near where the tennis courts are now) in 1906, and the Knickerbocker House in the Pleasant Street area in 1909. As Peaks became more populated with residents and visitors, it became subject to more damaging fires: in 1918 the Coronado Hotel (where Hannigan's Market is now) burned; in 1921 McCullum's Pavilion Theatre and 11 other buildings in what is now "down front" were engulfed; in 1934 the GEM Theatre went up.

Then there was the fire of 1936, which started on Brackett Point at the Jewett cottage, and made front-page news in the Boston Daily Globe. Heavy winds caused embers to jump over Greenwood Gardens and the fire quickly spread for three-quarters of a mile,

burning 17 homes and businesses. The causes of those fires included accidental ignition of chemicals at a dry cleaning shop, the careless disposal of a lit cigarette into a trash barrel, and an attempt to remove insect nests with a torch.

But it was the fire that began at the Peaks Island Military Reservation on May 9, 1957 that has come to be referred to as the "Great Fire." According to Ms. MacIsaac, spring had been very hot with little rain, causing the vegetation to be unusually dry. A piece of broken glass on the ground focused the rays of the hot sun and started the fire, which had the chance to burn for quite some time before anyone discovered it. She was in first or

second grade attending the island school at the time, and said "in those days, no one lived on the back shore. There weren't any houses and no one had cars, so no one went to the back shore."

"The fire spread so quickly because no one was there at the start."

She remembers being let out of school because the island was to be evacuated. "The sky was orange, flames were 100 feet in the air, and the city was sending out ferries to evacuate the island," she recalled. But the wind shifted, sending the fire sweeping across the Military Reservation and sparing the town. It burned for three days, scorching nearly half the island. No one was killed or seriously injured. There are very few photos of the fire because, "everyone was either fighting [it] or getting ready to evacuate," she said. "No one had time to take pictures."

And Peaks is still vulnerable in many ways. "The island still has water problems," MacIsaac concluded, "with some areas having only shallow or summer water, and many cottages are old and dry."

New Customer Service Rep for Peaks Island bank branch



Maine Bank & Trust has announced that Melissa Childs Nelson has been appointed to the position of Customer Service Representative at the Bank's new Peaks Island Branch. Previously, Ms. Nelson was a teller at TD Banknorth in Portland; and she spent several years working for the New Hampshire Bar Association, Concord, NH. Ms. Nelson holds a B.A. in Pre-Law from Notre Dame College, Manchester, NH, and an Associate Degree in Science from Bay Path College, Longmeadow, MA. Her community involvement includes volunteering at the Peaks Island School where her eldest son is about to enter the second grade. She is a resident of Peaks Island.

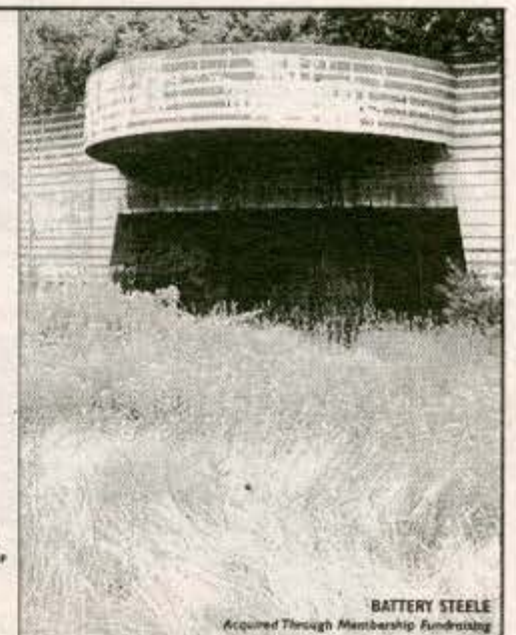
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Peaks Island Land Preserve seeks to preserve and protect open space in its natural state for the use and enjoyment of islanders and visitors. Contributions and membership dues are used to purchase lands and provide appropriate land management. We also work with the City, State and individuals to preserve open space through conservation easements and gifts of land. Please join us in this important effort.



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BATTERY STEELE
Acquired Through Membership Fundraising

Island Views

Community Letters

I would like to express my heartfelt appreciation for the wonderful time I had running the Peaks Island 5 mile road race on July 26th. I have been interested in the race ever since I read an article about it in Runner's World magazine several years ago. It was especially meaningful to me because my father in law (Philip Munn, who has had a cottage on Peaks Island for many years) and I have talked about it many times. I finally had my chance this year, and it was a great experience. The course was challenging and beautiful, and the people of Peaks Island were out in force to cheer us on, hand out water, and provide cooling hoses on the toughest parts of the course. I even managed to come in second in my age group, and received a nice trophy. Thanks again to the residents and sponsors for such a fantastic race. I hope I have the opportunity to do it again.

Rick Davidson, San Diego, CA

The PeaksFest Community Yard Sale team would like to take this opportunity to thank all of the members of the community that donated their items and those who volunteered their time and effort to make the third annual PeaksFest Community Yard Sale a huge success. Over \$3,000 was raised for the Peaks Island Tax Association and Peaks Island Energy Assistance.

Special thanks go to The American Legion Post 142 for the use of their lawn and endless use of their basement for storage. Thank you to Doug Smith, Jane and Sid Gerard, Cynthia and Howard Pedlikin, Roy Mottla, Margo and several other volunteers who pitched in and sold to the masses throughout the day, rain or shine. Thanks to Chris Callow for his time and muscles and to Chris Kamp of Kamp Masonry for the free delivery of those heavy items. Thanks to AJ Alves and Jamal Cassis for helping with the clean up and making sure we got everything to the dump for further recycling. We couldn't have done it without all of your efforts.

The next community yard sale will be in October benefitting the Peaks Island Children's Workshop. Stay tuned for dates and specifics. Free pick up of donated items will begin in September just in time for fall clean up.

Till the next time, Jen & Dave Nowers

Dear Peaks Islanders,

I want to thank each and every one of you so much for your generous donations and for volunteering your time to help me on my trip to France. It means a lot to me that you all support my journey, and I owe so much of this to you. I am lucky to live in such a kind and giving community, and I wish you all the best for the coming year. You deserve it. I will keep in touch, and will let you know all about my adventures. With thanks, love, and admiration - Eileen Hanley

Thanks so much to all who attended the celebration/fund raiser for O.B.O'Brien on Aug. 21. At last count we raised \$632 to help defray his expenses for the trip to the Democratic Convention, not to mention auctioning off some fabulous political memorabilia.

Again, many thanks to everyone who brought food and paper goods, and to our great island musicians, Ronda Dale, Kevin Attra, Nancy S. Hoffman and Mike Richards, who livened up the party with wonderful music. Here's to many more happy political moments!

Rita Kissen

My family and I would like to express our sincere appreciation and gratitude for the outstanding job Officers Connolly and Lauterbach of the Peaks Island Police Department, the paramedics of the Portland Fire Department, and the crew of the Fire Boat Cavallaro performed in saving my father's life. I don't think dad would still be around if it wasn't for their fast response time in getting him safely to the Maine Medical Center. Their professionalism and compassion was outstanding and as a result our father is on his way to a full recovery.

I would also like to say how fortunate the people of Peaks Island are to have these brave and caring professionals at their disposal in the event of an emergency. You are truly lucky. Sincerely,

The Kershaw Family, Sacramento, Ca

TWO POINTS OF VIEW ON AFFORDABLE HOUSING

I appreciate your invitation to express my concerns about the particular homestart initiative. I strongly believe in working to provide and preserve affordable housing and jobs so that people of all sorts can earn a living and afford a home, and be a part of their chosen community. While initially in favor of the initiative on Peaks, I am no longer supportive of this particular group (as distinct from the goal itself, which I support). I believe the following concerns are shared by many others (though I speak only for myself):

The people leading Homestart do not seem to include long time islanders. I would be inclined to support an effort led by native islanders, many of whom own houses bought many years ago by their families and many of whom have concerns about their children and grand children's ability to afford a house on the island their family has long called home. If this initiative isn't of interest or doesn't meet their needs, it isn't right to me.

Affordable housing and other forms of assistance are especially important in my view for elderly people on fixed incomes. Their taxes go up whether or not they are adding on to their homes, and their incomes do not. Yet, for all the efforts to provide senior housing, the new building reportedly isn't full. Why is that? Is there no need or does the project not meet the needs of people others intended it to serve?

The neighbors of the proposed housing seem mostly to be opposed to it and to view it as a negative for the value of the houses they worked hard to acquire--what is it about the project that causes that perception? These are not fancy houses people are looking to flip, and those neighbors views and homes deserve respect.

I share with many islanders the desire to help those who work hard and need help. I want to retain a vibrant, mixed island community with all sorts of different people and ages and ideas--that is what makes Peaks a real community. The economic reality is that it's difficult to fight a market, and overall more effective and helpful in my view to help people succeed economically who are healthy and able to do so.

Other than for elderly people where, for me, the need and value of assistance is clear, how do you determine who is genuinely deserving and who is needy because they have chosen not to work hard? What can we do to support jobs for people on the island to enable more people to buy a home? If this project is not supported by native islanders then why does it not merit their support and who is it intended to serve? Why is the senior housing not full?

Jean Hoffman

I am writing in support and gratitude for the work of the Homestart Committee. I understand things got off to a somewhat rocky start and fears and rumors are running rampant; however, the work of this dedicated group is to be applauded. Like many others on this island, they are working for the well-being of the community, not in service of their own economic advancement.

At one meeting, I heard concerns about "those people" who need affordable housing as being unsavory resource-depleting slackers. Most of the folks I know who are struggling to stay on Peaks, myself included, do not fit that description. We are hard-working members of this community. It is true that we do not hold high-paying corporate jobs, but we do contribute to the vibrancy of the island in a variety of ways including music, art, spiritual inspiration, health care, volunteer work, and many support services. We are not looking for a hand-out; we are simply trying to live well in the community that we love and serve.

The real problem here is that rents and house prices have skyrocketed in the 10 years that I have lived on Peaks. There is much fear about affordable housing lowering the value of neighboring houses. Are you equally outraged that a poorly insulated cottage in the interior of the island tripled in value in one decade? When I moved to Peaks, the house I was renting was appraised at \$125K. Now it is very rare to find a house under \$300K.

Some prevailing opinion is that we cannot work against this trend. I grew up under the wing of a feminist civil rights advocate. We boycotted grapes. We marched with Martin Luther King, Jr. We supported women's studies. We volunteered in the food co-op. My mother worked in one of the first VD clinics in the city. Bucking the trend is a way of life for me and I am proud of that and plan to continue in my own quiet way. If there is no hope for creative solutions to a community deadening spiral, we may as well all just leap off the cliff like the lemmings.

I know that change is inevitable, but I believe we can affect some of that change with kindness, acceptance of diversity, and care for the well-being of future generations. In nature (of which we are a part, believe it or not), mono-cultures are not as healthy or sustainable as diverse systems. To those who oppose the work of Homestart, I pose these questions: Do you really want to live in an exclusive gated community that turns into a ghost town in the winter? Do you really want us gone? Sincerely,

Rebecca Johanna Stephans

BED THANKS

If you saw the brief notice posted on the Island Times website in June about a bed taken from a yard on Pleasant Street and its subsequent return, we just got the whole story from someone directly involved in the incident, who we will call John Jennings:

"An exciting week on the island! (I originally emailed this out to friends in June when it happened).

One day I saw a metal headboard, footboard and frame for a double bed on the side of the upper road with a for sale sign on it. Several days went by and all of a sudden, the for sale sign was gone, but the bed was still by the side of the road - Peaks Islandese for FREE! Jon Larson and I checked it out on a golf cart, and thought 'We can use it', so we got the truck, disassembled the bed, and moved it to our building.

Jon and Patty Latham drove by the house the next day and saw a sign that read "BED - STOP!" where the bed used to be. They stopped and read the note tacked onto the sign, which explained that the bed had been sold and left waiting for pick up by the new owner.

Jon returned the bed (after fixing a finial!). The following day, he and I were driving the

golf cart to the boat, and he saw that the "Bed - Stop!" sign has been replaced with a "Bed - Thanks!" sign - or as I called it, a "Perfect Photo Op". I was about to take the picture when the homeowner - an artist with a home studio - came out and said she'd heard me say "picture" and also heard the sound of a golf cart (a golf cart was reported to be the original "stakeout vehicle" by a vigilant neighbor) so she figured we must be the culprits. We all introduce ourselves and took this photograph. No arrests have been made, yet.



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YOGA FOR LIFE

A yogic perspective on health and simple living

BY REBECCA JOHANNA STEPHANS

[Ed. Note: This is the fourth in an on-going series of instructional exercises Ms. Stephens has designed for anyone interested in practicing yoga. These exercises are designed for people at all levels of proficiency.]

Authors note: If you want to build a yoga practice, please start with the suggestions in the June issue and add as we go along.

Last month, I started a conversation about healthy digestion with a focus on the benefits of effective and efficient elimination of waste materials from the body. This month I invite you to bring awareness to eating and digestion. Moving out of unconscious patterned behaviors into mindful choices is an empowering step towards health and well being. Our relationship with food is primal, ritualistic, and deeply ingrained in tradition.

I know to tread lightly when I ask folks to look at what and how they eat; however, if you do not consistently feel well, making some changes in your eating and digestion may lead to significant healing.

In basic journalism courses, an aspiring writer is taught to ask six information-gathering questions: who, what, where, when, why and how. We can bring these same inquiries to our eating habits to tease out what is working and what can use some adjusting. The who is easy - that's you! The question of what you are eating is complex and unique to each individual. Even so, from a yogic perspective, I can offer this guideline: eat simply prepared whole foods grown as close to home as possible. Local whole foods connect us to the earth and growing seasons, provide the best quality nutrition, and reduce the energy consumption of food processing and transportation. You might also keep in mind the admonition, "You are what you eat" before consuming something of questionable nutritional value.

The timing of meals also is extremely variable from one individual to another. I remember cross-country skiing with a friend who had to stop and eat every hour or two, while I could press on for half a day with no need to re-fuel. However, there are general guidelines

that work for most folks. These are to eat a morning meal within an hour or so of rising, and to eat lightly in the evening at least two hours before retiring. If you are experiencing disturbed sleep, sluggish digestion, or difficulty waking up in the morning, eating heavy meals late in the evening may be one cause.

We will explore the questions of where and how you eat together. Ideally, I recommend that you eat sitting down in a calm environment, pause for a moment, give thanks, and chew your food thoroughly. The driver's seat in your car and your desk chair at work do not count as sitting down in a calm environment even if you have a really nice car and love your job! And you don't have to believe in God to give thanks. You can thank the earth, the farmers, or even Bob, Heather, Linda, Reta and the rest of the crew at Hannigan's. Chewing is an oft neglected and vitally important step in the digestive process. Best to chew and chew and chew some more before you swallow.

Physiologically, the body's reaction to stress includes the following responses: reduced intestinal movement, inhibited digestive secretions, and constriction of most blood vessels (except those in the heart, leg and arm muscles which dilate). Also, when you are stressed or rushing, you will tend to "inhale"

your food without paying attention to tasting, enjoying or chewing. We need the exact opposite conditions for healthy digestion, so eating when you are feeling stressed, busy or distracted is very hard on your system. Sitting, pausing and chewing also slow you down considerably so that you are less likely to over-eat or to choose foods that are unhealthy for you.

Finally we address the question of why you are eating. For many folks, this is the most difficult question of all. Physiologically, we eat to fuel our bodies, and historically there was not a steady flow of abundant food throughout the year, especially in a northern climate, so our bodies are designed accordingly. Of course we all occasionally feast for celebration, entertainment, or solace; however as a daily routine it is best to eat simple foods in moderation and only when you are hungry. Yoga practice offers many fine alternatives to sedating ourselves with food, and I will be the first to admit that I don't always choose those practices. I will say, though, that most of the time I do follow all of these guidelines and when I do the rewards are stunning.

Below you will find postures that help to stimulate your digestive system.

Intention: Begin your practice with a moment of stillness in which you affirm your intention to practice with compassion and mindfulness.



Half Moon:

Stand with your feet about hip width apart, legs and abdomen gently engaged, heart lifting and shoulders relaxed. Put your right hand on your hip and raise your left arm. Press your pelvis to the left as your raised arm reaches up and over to the right. This is a pure side stretch without twisting or bending forward or backward. If your breath becomes short or labored or you find yourself contracting strongly, please come out of the posture a few inches. Hold the posture for at least five slow breaths and then repeat on the other side. You may find it helpful to practice in front of a mirror at first.



Eagle:

Stand with your feet about hip width apart, legs and abdomen gently engaged, heart lifting and shoulders relaxed. Stretch your arms out wide, sweep your right arm under your left, and intertwine your forearms and hands. Bend your knees, and shift your weight into your left leg. Lift your right leg and wrap it over and around your standing leg, if possible hooking your toes behind your calf. Squeeze your upper thigh firmly over the standing leg. Focus your gaze to help keep your balance. Hold the posture for at least five slow breaths and then repeat on the other side.



Sphinx:

Lie down on your belly and stretch out to your full length. Rest your hands under your shoulders with your elbows tucked in close to your rib cage. Press your pubic bone, thighs and feet firmly to the mat and lift your upper torso. Slide one hand at a time forward until you are resting on your forearms with your elbows directly under your shoulders. Continue to press your arms, belly and legs down towards the earth as your heart lifts. Do not lift high enough to compress your low back. Hold for at least five slow breaths, and then lower back down to your belly and rest for a few breaths.



Arm Balance Prep:

Press up to your hands and knees and then ease down onto your forearms with fingers interlaced and elbows no wider than your shoulders. Tuck your toes under and lift your knees off the mat. Do not let your head touch your arms or the floor. Press your forearms forward and downwards and lift your pelvis up and back. For more challenge, walk your toes towards your elbows while preventing your spine from rounding by a strong lift at the hips. Hold for at least five slow breaths, and then lower back down to your belly and rest for a few breaths.

Pause:

To complete your practice, either roll onto your back and hug your legs in towards your belly, or curl up in child pose and rest. Close your eyes, breathe slowly, and feel the effects of your movements. Give thanks for your practice and ask that it enhance your well-being.



For the love of Peaks!



AN INTERVIEW WITH DOUG MACVANE
BY FRAN HOUSTON

This work was originally displayed at the Gem Gallery in a show that ran from June 6 to June 15. The interview was conducted with Mr. MacVane at his house on Feb. 2, 2008. His sister-in-law and good friend, Leatrice Hasson, was also there.

"He didn't want to do it at first," says Fran of the interview, because previously he'd had a bad experience with the press. "But when I told him what it was about he said 'Yeah, OK.'"

"Doing [this interview] made the whole project worth it for me because, when he saw how it came out, he was really excited about it. He came to the show every day. He would ask me 'Am I supposed to be doing something? Should I make a speech?'"

Your family started out in Scotland. Where in Scotland?

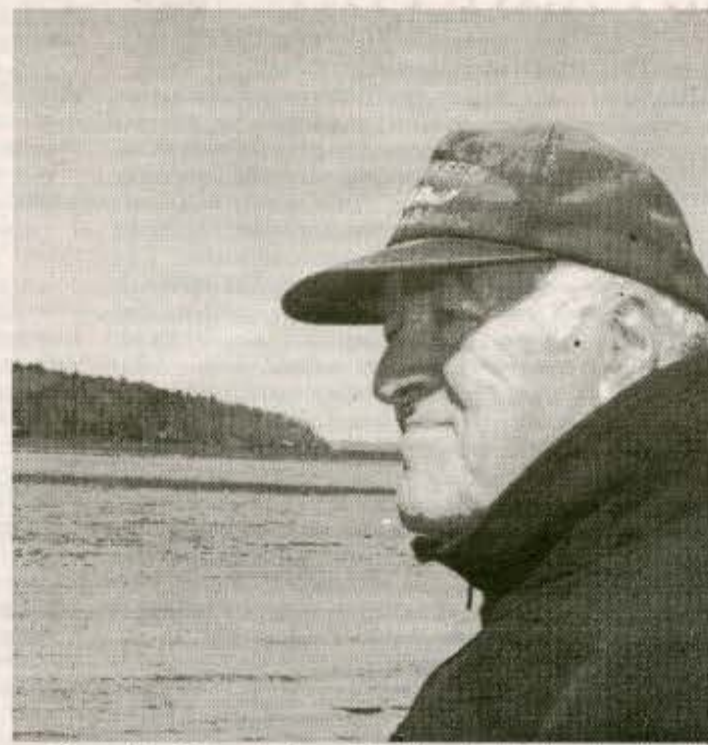
Well, I can't remember now. I'd have to go into my genealogy book, but it was over in Scotland and I paid a visit into a cemetery where my ancestors were residing and then, well, eventually, after my tour in Scotland, I returned to Peaks Island. From Peaks Island

I made several trips up to Prince Edward Island. This is where my ancestors first landed, up there on Prince Edward Island, and I think it was what they refer to as lots that were owned by barons, Scottish barons. So I went up there and did a tour around and I met a couple of MacVane families up there, very interesting, and I promised I'd be back. After I'd finished my touring around on Prince Edward Island, I did return to Peaks Island.

Now, my family has always resided on islands. My great, great-grandparents came down from Prince Edward Island. They settled on Long Island, and while they resided there, why, they generated a large family. And at a certain time, my grandfather left Long Island and moved over to Cliff Island, where he in turn married a lady - a Bickford lady - and they generated a large family. And my father worked - he was a fireman at the time, and he used to commute from Cliff Island to Portland Central Fire Station. Well, on being transferred from Central Fire Station over to Peaks Island here - that occurred in 1929 - that is the year we left Cliff Island and came over to Peaks Island, where the family has lived since then, since 1929.

So where were you born?

Well, I profess to be born out on Cliff Island, but as years went by I was corrected. I was born in St. Barnabas Hospital up in Portland. I think it was right on Congress Street. I have told folks that I was born on Cliff Island and they were taking me to town in a rowboat, but my mother gave birth. Then they took me and put me in a clam basket, washed me off, and then they took



Doug MacVane on Centennial Beach.

photo by Fran Houston

me home out on Cliff Island out there, but I have no recollection of that.

Leatrice: But he has a lot of fond memories of clam baskets.

So in 1929, we arrived here on Peaks Island.

How old were you?

About five, five and a half, something like that. I was born in 1924. My earliest memory of Peaks was the island - as I reflect back on it now - it appears as if Peaks

Island was Portland's Coney Island, this place was. In the summertime they had those boarding houses down there. They had, of course, the Gem Theatre. They had a shooting gallery, see, a bunch of places: the bowling alley, the shooting gallery, they had a skating rink and they had Jim Brown's Fruit, the grocery stand, and there was a hot dog stand there right now where the - what do they call that - the Peaks Island House, yes, and there was the Greenwood Gardens. I've got it somewhere in the house here. I have a picture of the Gem Theatre when it was going up in flames...

Were you there?

Yes. I was down. I went down front. My father was a fireman, and he told me to go home, get home. Well, being a youngster, I didn't know how to behave, so I ran up over the hill and watched the fire from there. That was the Gem Theatre fire. Then, of course, we had another fire that started in a cottage down in back of Greenwood Gardens, and that spread right down to the water.

Have you lived on Peaks for a long time? Do you have a Peaks Island story to tell of memories from childhood or that illustrates why you love living here? Please email or call Fran Houston. She has already heard some great stories and she wants to hear yours. fran_houston@hotmail.com, or call 766.2286.

O.B. back from Obamafest

BY O.B. O'BRIEN

The Democratic National Convention in Denver was historic, by any measure. The choice of Senator Barack Obama as Presidential candidate was a tangible measure of how far the country has come since the civil rights battles of the late 1950s and 60s.

It was also historic for the city of Denver, which hadn't seen a Democratic convention for 100 years. The planning for the event was massive and thorough, encompassing everything from how to cope with a media presence bigger than a Super Bowl, to the placement of trains in protective positions around the arenas to provide blast protection.

Just getting delegates, media, and guests to and from the venues was a massive undertaking. For delegates who didn't know Denver, it could have been a daunting task. But the people of Denver, especially the able crowd of volunteers and guides, could not have been more helpful, cheerful, and just downright welcoming. Except for some traffic snarls that, for many cities, would have been a typical weekday commute, the whole enterprise worked flawlessly.

The Maine delegation was lucky, in that our hotel was right downtown, a mile from the Pepsi Center, and within easy walking distance of many of the premier venues. Other delegations had to cope with long commutes from outlying hotels, which made attendance at early morning or late night events a challenge. And there are lots of events of every imaginable description, and some unimaginable ones.

Some examples from a typical day: a forum on foreign policy, a panel on issues for a growing Latino-Jewish coalition, a First Americans caucus, a Wilderness Society panel discussion on Oil Drilling, a solar energy festival and concert, a film screening about the homeless, a panel on infrastructure, the Hooping for Peace Hula-Hooping Event, caucuses of every



conceivable ethnic group, and a Rage Against the Machine concert in support of Iraq Veterans Against the War - that is roughly 20% of the events happening between 8 and 11 a.m. on Wednesday.

Those events are where a lot of the real work of the convention happens. It's an incredibly rich resource for networking and education on all sorts of issues, from a variety of viewpoints. So, despite the reputation as just one big party, a lot of work goes on.

That is not to say that there are not parties. Interest groups of all types throw bashes of varying size and generosity. Some of them are very exclusive, where the jet-set, media and political elites, and celebrities of every kind mingle. Many more are for union members, caucuses, and other affinity groups. Some have great food and open bars, some have cheese and crackers and sodas or bottled water. The closest I got to any celebrity event was a tribute to Civil Rights Organizations, where Danny Glover happened to be in the same room I was in for a minute.

The idea that the convention delegates are an elite bunch is misleading. By far the majority of delegates are people who are working stiffs, in blue or white collar jobs. Some are retirees. Many belong to unions, whether trade unions or service unions or teacher unions. Virtually all pay their own expenses for the trip. The only tangible benefit provided to the delegates by the national party was a travel voucher on the shuttle between the hotels and the airport. Travel, lodging, meals, and other expenses are the responsibility of the delegate.

But it's worth every penny. To be a small cog in the American Political process, and to be able to represent Peaks Island and Maine at such a historic occasion in such a historic campaign, has been truly a privilege and an honor.

COUNCIL, from page 1

The City of Portland uses a zoning system developed in 1918, currently the most widely used system in the U.S., to divide the island into three zones according to land use and lot size: a commercial zone (IB), a dense residential district (IR2) and a more rural district (IR1). Restrictions on the use and overall size of buildings (percent coverage) as well as their distance from the property lines (setback) are characteristics of each zone. The main difference between the two residential districts is their access to public sewer and water services.

Councilor Tiffany said that a new residential zone concept is "bubbling in town right now", which will let more people live within the city limits but still maintain Portland's compact size. "It does some interesting things," he said. The new zone, which would be designated R5, reduces minimum lot sizes and parking requirements, and encourages accessory dwellings in order to increase housing. For instance, the minimum lot size for a multi-family housing complex would be reduced from 6,000 square feet to 3,000 square feet, effectively doubling the number of people who can live in a given area.

Mr. Tiffany said the zoning concept would

appeal to people on tight budgets, like young families, because "smaller lots, smaller houses means affordable". He says that, on the bright side, this would increase revenue for the city because an increase in the number of families is also an increase in the number of taxpayers. "When you bring the concept into neighborhoods," he concedes, "it means density."

In comparison, he made reference to a television documentary he'd seen recently about the transformation of Austin, Texas in the 1980's from a progressive, small-town community into a sprawling, polluted metropolis, which he said was called "The City That Got Loved to Death".

One of the main impulses for the zoning study has been a conflict that has been brewing since last January over a proposal made by Homestart, a non-profit housing organization, to develop two parcels of land on Luther Street for use as affordable housing. The proposed project would require a zoning variance in order to build five multi-family housing units on the two parcels of land in the single-family zone. "This issue is not about a couple of houses being built in one neighborhood," said one resident, "it's a

please see COUNCIL, page 18

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This island life



BY GEORGE ROSOL

Ed. Note - George and his wife Celia are relocating off-island, and as a result this will be his last column for the newspaper. It was, for him, a very hard piece to write; although he's sad to leave, he didn't want to be maudlin. I think he got it just right. They are both strong, big-hearted, gifted people, full of character, and it will not be the same island without them. So, it seems strangely fitting that they should depart in the fall, a time of year when we savor every passing change before it gets by us, "to love that well which thou must leave are long."



It is the human condition that, somehow, we will live forever and things will never change, that the good life on Peaks Island will go on and on and on. But reality exposes this crazy idea's weaknesses. No matter how many generations have summered in a particular cottage or how many winters we have survived, this all comes to an end.

And this is the mind set that I have adopted as we prepare to move on. Circumstances arise that spoil the fondest dreams. It was a great ten-year ride. And it is flattering that there are those who don't wish to see us go. They say there are pockets of affordability on the island. But those pockets are deep. As for availability, we have looked and this is what we saw:

☐ A twenty-four-foot section of concrete culvert with running water and great ventilation. And protection in the event of an atomic bomb attack.

☐ A lean-to created by six spruce trees that were felled by the Patriot's Day storm.

☐ A dug-out basement recently vacated by a colony of feral cats. The Humane Society deemed the property unfit for feline habitation, but certified okay for humans, who are reported to have the inherent mental ability for finding a way to make do.

☐ Battery Steele winter rental only. Vandals, visitors and tour groups have cook-out, graffiti art clinic, and car burning privileges in the summer months.

By the time we go to press, I am sure that these places will have been taken.

There is much beauty on this island. And more than its share of happiness. But the saddest sight to me is that of a young visiting couple, with kids in tow, standing in the street and admiring our homes. If they are the average Maine family unit, chances are, Peaks, as home, has long ago drifted out of reach. You may look but don't touch.

A note on one of my pill bottles warns that

stopping doses abruptly might, well, kill you. That kind of warning could in no way be given kindly. September is when Peaks stops taking its dose of summer-timers abruptly.

This sudden departure leaves me with symptoms: rapid heart beat at finding a space in the ferry lot; ringing in the ears from the deafening silence; a hacking cough with the return of cleaner air; disappointment with the return of less interesting ice cream flavors; teary eyes from withdrawal of bright colors; a longing for stories from the world beyond. Though chronic, none of these symptoms are life-threatening.

Oddities from the back of my napkin:

This spring saw the eunuchization of male feral cats. A similar process was imposed on the female ferals as well. It seems to me that only those animals of lesser intelligence, and thereby more easily trapped, were treated. This leads to the possibility that super ferals, with original equipment, still roam about doing what they do best.

Our musical saw player from Maine's all-natural hinterland returned one weekend in a cloud of dust and set up shop on Hotdog Corner. He sported a brand new E-flat saw and a bow made with the hair of a free-ranging camel from the Desert of Maine. He was joined by Max and his magic Inner Tuba. The tuba came from a Farmall tractor wheel. This enormous rubber doughnut was capable of making a wide range of sounds from angelic to obscene. Max fitted trumpet keys to the valve to make it playable. I have seen and heard musical bike and car inner tubes with maximum play times of a minute or two. The Inner Tuba, with a single inflation, could do three Sousa marches, a Led Zeppelin tune and the opening songs from Gilligan's Island and McHale's Navy.

Taps. I say to him, "How ya doin'?" He says, "Not great. I'm ready to go."

"Go where?" I ask.

"Leave this world."

"Aw c'mon, there's a lot of life left in you. You survived a couple of wars and life on Peaks Island."

He laughs.

This short meeting took place half in and half out of Hannigan's Market the day Doug MacVane died. If there is a heaven, may it be a special place where, staff in hand, Doug could roam a beach painlessly, alone or with his former Navy buddies or with, eventually, the likes of us. Like Whaleback, a chunk of Peaks Island has broken off with the passing of a true gentleman and friend.

brio

by Palmer



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In the tradition of the American Legion, a black memorial tie was draped across a photograph of Doug MacVane upon his death. The American Legion Post 142 is named in part for his cousin, Arthur Leslie MacVane, who is pictured in the lower of the two small photograph on the right.



BY KEVIN ATTRA

"Another legionnaire has been called to the high command, and has gone to report to the commander of us all." So said Jimal Thundershield, newly appointed commander of the American Legion, as the memorial service began for Doug MacVane on Peaks Island Sunday, Aug. 31. More than 150 people attended the one-hour ceremony held on the lawn at the Lions Club under clear skies and fierce winds. Cmdr. Thundershield, Rev. Desi Larson of the Brackett Memorial Church, and Charlie Shull, representing the Peaks Island Baptist Church, offered prayers and remembrances of Mr. MacVane, who also was given a military gun salute. In the following silence, a lone Scottish bagpipe played "Amazing Grace".

Ronda Dale, Sally MacVane, and Nancy Hoffman also gave powerful performances of original, traditional and popular music for the service, choosing songs with deeply personal messages.

The ceremony was sponsored and produced by the American Legion. Members Barry Shaw, Jimal Thundershield, Bob Willwerth, and Steve Nilsen were key organizers of the event, with assistance from other volunteers in the community.

"A bunch of people did this," said Lynne Richard, who was one of Doug's closest friends and served as master of ceremonies for the proceedings. The way it came together "was great work," she added.

Lisa Lynch and Leslie Davis coordinated efforts with members of the Women's Auxiliary to provide food and drinks after the ceremony, which were served inside the Lions Club where a video montage of

Memories of Doug MacVane

A collection of remembrances by his friends and family

photographs and film clips of Mr. MacVane also was played. Jo Israelson, who grew up in his house as a child, designed the video to accompany an audio recording of the interview Fran Houston had conducted with him as part of her "Love of Peaks" series. The video will be aired on Public Access TV (Channel 4) later this fall.

The formal service was followed by an informal open mic period, where members of the audience got to speak about their experiences with Mr. MacVane during his lifetime. The following is a transcript of those stories.

ANN SNYDER (READ BY LYNNE RICHARD)

Our family got to know Doug 11 years ago when we moved in across from him down by City Point. He was a wonderful neighbor to us - kind, thoughtful, and always ready for a friendly conversation. When we first met, Tom asked Doug if he had lived on Peaks Island his entire life, and he said, "Oh, gory, no. I was born on Cliff, and spent the first few weeks there. Then my family moved to Peaks." The man would never dream of exaggerating the facts, even a tiny bit.

Doug was a Peaks Islander through and through. He claimed to have no use for big cities, since he didn't like the pace, or the noise, or the traffic at all. He said of going over to Portland, "Me, I never like to go much west of Commercial Street." And really, he had little need to. He loved everything about this island and was content to be here.

The image of Doug I will carry forward is of him leaning on his staff, taking in the sunset. He never missed a one. He was sure to go outside when the sky began to get interesting, and he savored the entire

glorious show until dusk. There's a lesson in that for every single one of us.

JULIE GOELL AND AVNER EISENBERG (READ BY LYNNE RICHARD)

I expect we'll notice some changes in island house-keeping now that Doug is gone. We'd watch him take his early morning walk on Centennial beach, always with a plastic bag, to remove the detritus of last night's party, or the jetsam of some passing boat. He wasn't proud that way.

We plan to continue Doug's "legacy of the plastic bag" and hope you will too, and keep our island beautiful and trash free. Thanks Doug, for the reminder. We'll miss you.

ARTHUR FINK

I don't think I've ever known a younger old man than Doug MacVane. That's Doug MacVane [pointing to a large tree]: a very solid trunk, standing up tall with lots of new growth. There's a question I ask people who I think are older than I am: "I note that you get old and your body gets brittle," but some people, their mind gets brittle and they get judgmental and tight. Others get loose and soft, and I ask them why. And I never needed to ask Doug that question. He wasn't a blogger. He didn't embrace the internet. He didn't walk around with a cell phone, but he embraced all of us who do. And he knew where his values were and he stood strong in them, but, wow, did he reach out.

About a decade ago the Press Herald called me up. They wanted to do an article about what's changed on Peaks Island, and they thought I was the person to interview. I told them that that was totally off. I might be a symbol of what's new, but what's changed? Talk to Doug MacVane. And so they did. They wrote an article about the two of us in comparing the two of us, and that was the beginning of my friendship with that wonderful man.

And as I rehearse my memories of Doug MacVane, I can remember many pronouncements, many outrageous questions that were real questions, but only one tiny bit of complaining, cause I almost never heard him complain, except once in one of the annual meetings of the Casco Bay Line. He got up in the very back of the room, and in a very strong voice as only Doug MacVane could muster without a PA system, he said "I've been watching these kids who you hired on the boats, and the way they work with the ropes and lines. What are you gonna do to teach them proper seamanship?" He didn't forget where he came from.

I love that man. And I have a feeling that he's gonna stay here teaching us something about the values we live by and the agility with which we can live. Thank you Doug.

WAYNE MACVANE

I guess I'm the senior nephew and on behalf of all the MacVanes I want to say thank you for such a beautiful tribute. I've got too many experiences that I've spent with my uncle, and at this time if I started talking about him I probably wouldn't get through it. But one thing I know standing here is that he loved you all, as you seem to love him, and it really moves my heart. I couldn't have asked for a more incredible setting for such a beautiful tribute to him. I know his love is shining on this island. It always has. He's taught me a great deal about values, friendship, sharing, caring. I don't live here anymore, I live down the coast a couple of hours, but I lived on this island long enough to draw from his wonderful life that he shared with me as one of his nephews. So on behalf of us, and I'm sure that maybe some of the other MacVanes will like to come up, I want to say thank you from the bottom of my heart, and enjoy the day.

JERRY GARMAN

I'd like to share some things you probably don't know about Doug. We all know about his beach combing and you've seen [him] every day down the beach. I always thought that he was on sort of a patrol; that he went down there and he saw something on the beach that didn't belong there, and he'd stoop down and pick up that piece of plastic, that bottle or that piece of rope. He would exit at the Trefethen Club and take these intruders and put them in the trash can. That's what you know. And here's probably what you don't know.

He continued his patrols, and he went behind the tennis courts and he started

collecting tennis balls. Four years ago he contacted me and he said "Jerry, guess how many tennis balls I have."

I said, "I have no idea. The courts been there since 1930. I don't know." He said he had 120 tennis balls. I said "Wow!"

So the following spring he said, "Jerry, guess how many I have," and it kept creeping up and creeping up until last spring he came and told me "Jerry, you know how many I have?"

I said, "No."

He says, "I have 425 balls."

I said, "Lord! That's a lot for your eyesight to pick those up, and some very bad tennis down there."

That was going very well. Then, about two weeks later he came up and he was very disturbed. He had put these tennis balls in the back of his house and somebody had taken them. They were gone! I can't imagine what anybody would do with them or why they would hide them. But two weeks later he was down at the club, and he saw Joey Kilmartin teaching tennis with a little basket of balls and he felt sure those balls were the same balls. I said, "No they weren't. The balls you have were all dead." And he was still disturbed, and I said "Doug, I have a theory."

"I think that what happened to your balls," I says, "was the fact that there was a moonless night and all the dogs in Peaks Island went down to 45 Centennial, and they indeed each took a ball, and they left."

He smiled. He thought that would be true. I said, "I know that's true because when you walk through the island and pass these dogs they never bark at you. They just smile and wag their tails."

So when you leave here today, two things you can do to remember Doug. One of them is when you're walking around the trails and the beaches and you look down, you see that



Sergeant-at-arms Jamie Semon of the American Legion Color Guard stands at ease during the ceremony as newly elected Commander Jamal Thundershield gave a prayer

foreign object there. Pick it up. Put it in a trash can. And the other thing, when you see a dog with a yellow ball in its mouth think of Doug and the gift he gave to them.

BARBARA HOPPIN

For six years I was the principal of the Peaks Island elementary school. I had to follow Jerry because some of those tennis balls wound up at the school. Doug would come to the door - he'd have a whole box of washed tennis balls - and I'm sure some of them are still on the roof of the school.

But when I thought about Doug the other day, I thought I should share that he was very connected to the school. He came to every music thing. He came to every production that went on, and was always there. Every once in a while he'd stop in my office and say "the kids must need something" and he'd leave me a little check on my desk so we could have a little breakfast or a little brunch or something that they wanted.

But the story that I thought of immediately when I heard about Doug was: one day he came to the door and I went to answer it and he was standing at the door and he had a dream catcher, a pretty large one - I don't know if you know what they are - but he had

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this large dream catcher. And he said, "I'd really like the kids to have this," and I said "Well, Doug, why don't you come back and give it to them - because if I do it they'll think I did it - so come on back." So Doug came back to the first and second grade with me, and ... he did a wonderful 10 minutes, with first and second graders, right at their level. They were right in the palm of his hand, and he gave them the dream catcher, and I thought, "Wow! There aren't many people who can do that with a first and second grade class." So I just want you to know that he loved the children of Peaks Island also.

PAT MACVANE (NEPHEW)

I think my cousin, Bruce, hit it on the head, but I just had to come up and thank you all for being the life and the soul of my uncle. I'd take him off the island for a dentist visit, or Thanksgiving dinner, and it's like the moment he hit the mainland he had to check the schedule to get back here as soon as possible. He loved you guys immensely, and I can't thank you enough. A day like this, he'd be, "By gory, I think the winds a scosh out of the north-northwest."

CHUCK RADIS

One of the things that Doug did, in addition to going to almost all of the school activities, was that he would make a lot of the lectures. He was always a man who wanted to learn more. And so my wife and I weren't surprised when he came to the Fifth Maine a couple of years ago for one of the Sunday lectures on ice-making on Peaks Island.

It was all about this wonderful piece of our history, where the ice pond was active in ice-making, and he and Hap Gay were seated right behind us, and there was a man giving a very interesting lecture about ice-making. Behind us, after a few minutes, it was pretty clear that Hap and he were kind of disagreeing with this guy, very quietly. They were going, "Oh, that's not what they did down by the ice pond."

Well, [Hap and Doug] actually worked at the ice barn, and they were involved in harvesting ice. As young guys they would deliver ice in the summer. People would have those tickets on their windows that would either say a five cent thing of ice, or a ten cent, or a 25 cent piece of ice, and they would travel around with their ice tongs. So he was very active in that.

But whatever this fellow was saying, you know, there was this grumbling in the back of us, and the two of them finally couldn't stand it anymore. Hap raised his hand and he gently corrected the man about some piece of equipment or other that they had down there, but the man just kind of went right through it - whether he couldn't hear him well or what - but he didn't answer Hap's question.

Behind us there was more grumbling. The two of them were talking it over, and finally Doug raised his hand and he says "Well, no, it was exactly that way. You know, this gentleman and I, as youth, we delivered the ice, and usually that machinery worked this way but not that way." For the second time the man kind of just gave them a little bone, "Well, that may have been true maybe the day or two you were there, but usually ..."

Well, behind us they were grumbling more and more, and it ended in an unsatisfactory way for them. The man never acknowledged that they had, in fact, been correct in their memories.

But afterwards - I thought it was so typical for Doug - he turned around to Hap and he says, "Hap, I'm so sorry that I had to take up your position on this and I hope I wasn't rude

in answering your question." I stood up, and the two of them were shaking hands. He was just so courtly in a way that we no longer see anymore.

I just wanted to share that memory of Doug. If you can imagine him as a young man, walking down the driveways with a big ice tong with his buddy waiting up in the truck, waiting to deliver more ice on this island, it's something. He's a connection to something in our past that's quite amazing.

TOM BOHAN

Well after that story it seems appropriate I tell one of mine. My wife, Rhonda, and I were Doug's neighbors for six years during which time he would see us on the street in Portland and say "Hi, neighbor." And then for years after we'd moved to a different neighborhood, it'd be "Hi, ex-neighbor."

Anyway, the story is this. He was building a shed near his house and just shortly before I arrived as a neighbor in 1982, his then next-door neighbor (long since departed from this island and from this vale of tears) was criticizing him at every step of the way. Finally when Doug got the structure up, the neighbor, who shall not be named, said to him, "Well Jeez, I suppose you're gonna paint it pink now." Well, for the next 15 years that pink color faded away, that Doug put on the next day.

The practical thing I wanted to mention is that the last conversation I had with Doug was about his memoirs. He was working on - I don't know for how long he'd been doing it - but his family history and the history of his own life. I certainly hope that that, someday, may come to fruition and see the light of day so that we also can see what he was writing.

ANDREA NORDVIOT (NIECE)

One of the earliest memories that I have of my uncle Doug was how it was always a special day when he was coming to visit. As a young girl I know a lot of people, young children, will brag about how strong their dad is, and "my dad can beat up your dad". I used to brag about my uncle Doug, cause I remember he used to stand there with his arms out like this, and let all of us kids swing from his arms. He was so strong. I know you talk about him being an American hero; as a young kid he was my hero.

JEAN DYER

I haven't been a Peaks Islander very long, but I have lived in the bay. I lived down the bay for many, many years, and I knew Doug as a member of the Casco Bay Island Development Association, which, as some of you know, started on this island. I think Doug was probably a member long before I came on the scene. But the point I wanted to make was that I know how much Doug got of Peaks Island, but I also know that he thought a great deal of all the islands in the bay, and he was a loyal member of CBIDA's steering committee. And one thing I remember about him was that he worked on the committee that worked hard to keep the McKinley Estates from really ruining Fort McKinley. The last conversation I had with him was about the current goings-on over there. But I think it's important, I want to be sure you all know, that Doug thought a whole lot of all the islands in the bay.

NANCY J HOFFMAN

I met Doug, it could've been the first year that I moved here, which was 25 years ago this year, and in fact, on this very day



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he rode me around the island. So those strong arms that his niece was talking about were in his rowboat on the around-the-island-with-no-power-other-than-human-power-or-wind-power race. And for some reason, he and I hooked up. I don't quite remember how we met - Mary Lavendere may have introduced us. But I was his boson, and I was there going "Stroke! Stroke!" and "A little to the left! A little to the right!" Obviously, it was a wonderful experience to be able to do that, and to do it with Doug. We might have been the last ones in, in fact. But it was, the whole experience was just wonderful. And also the willingness he had to let me direct him was just indicative of his personality. He would jump into a situation with people and really be cooperative right away and generous to the others. So Doug, thanks for that great beginning of our relationship.

RUSS EDWARDS

My wife, Shirley, and I have lived on the island quite a while. There was a meeting of the CBIDA of which we were members. It was an annual meeting held out on Cliff Island. I had an old, open utility boat, you know, they call them speed boats, only this one wasn't very speedy. The compass wasn't too accurate. And I asked Doug, "Do you want a ride down to Cliff Island?"

He said "Sure," and I said, "Oh, great!" so we arranged a leaving time.

Well, it came in thick of fog, and I mean thick. But I felt pretty good because I had Doug with me, and lord knows he'd been there enough times. I knew, he'd get us there.

So we kind of poked our way out through, found the bell off the end of Chebeague, and he says "I think I'd go due south from here." I says "OK," so we headed due south.

The next thing I know there's all these ledges out there in front of us, and I said "What the devil is this?" and he says "I dunno."

And I said "Is it off the end of Cliff Island?" and he says "Yes, sir. That's the southern end of the island."

So we got back to the dock, having found out, possibly, where we are. We got out of the boat and we found the meeting had been cancelled because the charter boat they'd hired couldn't find the island, and I said to Doug "Boy, I'm sure glad we you with us to show the way."

He said "Me show the way? I didn't know the way. I thought you did, Russ."

LESLIE DAVIS

Doug was extremely generous and helpful with our scholarship fund. He would always show up to every function that we had: the bean supper, the breakfasts, everything. And he would make a very generous donation, cause he cared so much that we were giving scholarships to islanders, so he was always very generous in that. I just wanted to share

a quick memory. I've lived here for almost 6 1/2 years now and I've known Doug since I moved to the island because I worked at the Cockeyed Gull. He would come in every afternoon and have his bowl of soup - no roll, no roll - he was very healthy, very cautious. And then when I worked at the Peaks Café it was a lot of fun to try and persuade him to get some sweets. It didn't take a lot. He liked sweets, macaroons actually. I miss Doug very much, I'm sure you all do too.

LISA LYNCH

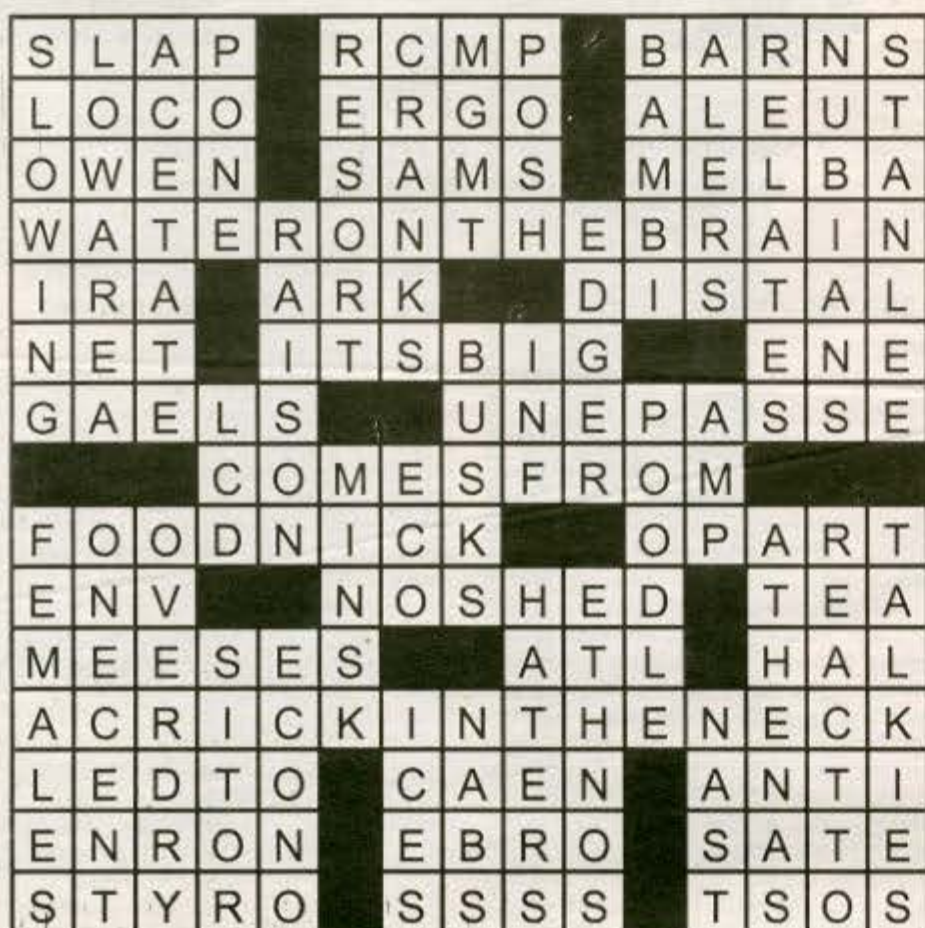
I feel very fortunate to be here today. This has been a man who has taken such a great part in the American Legion, in his island, and everything else that we all hold dear living here. But Doug really brought a special part to the Ladies Aux. As Leslie said, he always wanted to know when things were happening, how he could help, how much money he could give. He wanted to know the kids had a chance to go on for a higher education. It was so important.

We also had Doug at the café, as Leslie said. We also had Leatrice. Leatrice would come with Doug and would want to spend Doug's money. And Doug would always say, "You don't really need that, dear." She would convince him that she needed to take a gift home, or she would have her money intermingled. He would hold onto it for her so she wouldn't lose it. We loved having the two of them in. She would convince him he needed a sweet, he needed a cup of coffee even if he needed to not have another cup of coffee because he wouldn't make it, well, you know.

So we will miss Doug and Leatrice a great deal, coming in and spending time with us. It was a very important part of our day, as I'm sure it was an important part of everybody's day: to see Doug, on a daily basis, out and about, doing his thing and always saying hello, and a friendly word.



The Final Solution By Cevia Rosol



Here is the solution to last month's puzzle; however, we are sad to announce that there will not be a new one this month because Cevia has decided to retire from crossword publication. She has been creating puzzles for this paper since 2002, and they will be missed.

As a result, we are looking for someone to fill her shoes, and invite anyone interested in constructing the puzzle to contact us at kattr@islandtimes.org



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Thanks to the following people who volunteered their time and talent to produce this issue: George & Cevia Rosol, Mike Richards, Justin Palmer, Chris Hoppin, Fran Houston, Art Astarita, Rebecca Stephans, Cynthia Mollus, O.B. O'Brien, R.D. Wingfield, J.B. Katz, Craig Davis, and Mary Lou Wendell. Special thanks go to Jack Shallow for production software, and our summer intern Ben Snyder.

The Island Times is now on-line, thanks mostly to the work of Pat Kelly. Please check us out at www.islandtimes.org.

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Star Gazing

BY MIKE RICHARDS



Illustration by Jamie Hogan

September 2008 Sky

September means "seventh month," its place in the ancient Roman calendar until they added January and February. The autumn equinox is on the 22nd of this month, when the sun crosses the equator heading south, and days and nights are of equal length. On the equinox, the sun rises directly in the east and sets directly in the west, and you can see the sunlight slanting a bit more each day.

"Is the North Star the brightest star?" No, it's actually fairly dim. Its fame is solely in its location: it's almost directly over the North Pole. As the world turns counterclockwise (i.e. eastward), the Sun, Moon, planets and stars all appear to rise in the east and set in the west, but the North Star ("Polaris") is constantly in one position. The stars nearby it (the Big Dipper and Cassiopeia) simply rotate around it.

You can find the North Star easily: find the Big Dipper (now in the northwest sky over Falmouth around 9 p.m.); trace a line extending from the front edge of the dipper's bucket—the first star you notice along that line is Polaris! Now that you know where north is, you can figure out where south, east and west are, and you'll never be lost at night.

Jupiter is the brightest object in the night sky now (well, aside from the Moon, when it's up, and Venus, which sets soon after the Sun). Jupiter is the biggest planet in our solar system at 88,846 miles wide. It's 11 times wider than Earth, and it has 2½ times the mass of all the other planets combined. It's so bright in the southern sky it looks like the headlights of an airplane landing at the Jetport, but it's really 400 million miles away.

Its enormous gravity has captured numerous asteroids and turned them into "moons," but the four largest moons which Galileo discovered centuries ago are the only ones visible in backyard telescopes. Still, it's fun to watch their positions changing from night to night, like clockwork, occasionally casting shadows on the surface of the clouds below.

Venus still sits low over the city just after sunset, so low you can't believe it's a planet. On a clear evening take your binoculars, find Venus, and see if you can find Mercury just below it, and perhaps Mars off to the side. The "seeing" (clarity of the view) changes from minute to minute, so be patient and enjoy the sunset along the way.

Astronomers with good sized scopes can look for the outer planets of Uranus, Neptune and Pluto, as all are visible now, but you may need to use a finder chart, like those in Sky and Telescope magazine, to find them.

Saturn is rising now just before dawn, but it's not worth getting up for, as it will come into much better view in a few months when Earth catches up with it a bit more and puts it at opposition.

The bright red star you see in the west in the early evening is the red giant Arcturus in the constellation Boötes (boo-OTT-eez) the Herdsman. Just to the south of it is one of my favorite little constellations, Corona Borealis, shaped like a diamond tiara or a glittering smile. The bright white star overhead is Vega, in the constellation Lyra, and next to it is Cygnus the Swan, flying along the Milky Way, itself the path of stars formed by our looking through our saucer-shaped galaxy edgewise.

Rising out of the east now is Pegasus, the Flying Horse, with its great square in the middle. Pegasus is flying upside down, but if you can find its rear leg, take your binoculars and go two stars out and two stars up. The

dim cloud with the bright center that you'll find there is our twin-sister galaxy, Andromeda, which is headed towards us and is destined to combine with our galaxy someday.

Sept. 1- Sunrise is at 6:04 a.m. and sunset is at 7:17 p.m., still more than 12 hours of sunlight, but that won't last long. The next couple of weeks, Venus, Mercury and Mars are bunched together on the western horizon just after sunset down front - 8:45 p.m. is just right - and tonight is best, as a thin crescent Moon hangs below the planets.

Sept. 7- First-quarter Moon is highest in the sky at sunset, and the next week is best for telescopic study of the craters, rills and mountain ranges on our nearest celestial neighbor, except it's at apogee, about 22,000 miles further away than it will be in a fortnight. While you're at it, check out Jupiter around 8:30 p.m. and see if you can find the two moon-shadows on its surface.

Sept. 8- The Moon's away, so the tides will lay, running barely 5 feet between high and low this morning.

Sept. 9- The waxing gibbous Moon is just below Jupiter tonight.

Sept. 11- Mary Watson Whitney was born this day in 1847 in Waltham, Massachusetts. After excelling in astronomy and mathematics at Vassar, Harvard and Zürich, she taught astronomy at Vassar and ran the observatory there. She helped found the American Astronomical Society and actively demonstrated that women can match men in scientific learning and achievement.

Sept. 14- John Dobson was born on this day in 1915. He invented the Dobsonian telescope, a big reflector on a simple alt-azimuth mount. They've been called "light buckets," because of their size, and although they are relatively inexpensive, they have a very low SAF (spouse approval factor) because they take up so much room in the garage. Dobson co-founded the San Francisco Sidewalk Astronomers and criticized the "big bang" theory of creation (but not because he is religious - he's atheist) in favor of a "recycling" theory, which certainly has a ring to it.

Sept. 15- Full "Harvest" Moon tonight, setting over the city at 6:33 a.m. and rising out of the ocean at 6:45 p.m. It's Monday ("Moonday"), but let's enjoy it anyway.

Sept. 16- The barely-waning gibbous Moon occults (covers) the stars in Pleiades from 9:30 to 10:30 tonight.

Sept. 18- The Moon draws nigh, so tides are high, building up to 11.4 feet between high and low.

Sept. 20- The Moon's at perigee today, as close as it gets this time around.

Sept. 22- Last Quarter-moon is highest in the sky at sunset. Today is the equinox, as the Sun crosses into the southern hemisphere at 11:44 a.m., the official beginning of Autumn.

Sept. 29- New Moon tonight means no Moon to fill the sky with light. Now's the time to hunt for the Andromeda Galaxy - and just think - some creature on a planet circling one of those billions of stars may be looking back at our galaxy and seeing exactly what you're seeing now.

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Deer tick season is still upon us

BY KEVIN ATTRA



Blacklegged (or deer) ticks (*Ixodes scapularis* in the northeast region of the country) can transmit several tick-borne diseases including anaplasmosis, babesiosis and Lyme disease. An adult tick is pictured above, though ticks in the smaller nymph stage are the ones that most often bite humans.

courtesy national Centers for Disease Control and Prevention

If you don't know the symptoms of Lyme disease, you're not alone. The illness, caused by the bacterium *Borrelia burgdorferi*, is transmitted to humans by the bite of blacklegged (or deer) ticks infected with the disease, and is often mistaken for anything from the flu to malaria. This is how one resident of Peaks Island, who we will call Sean, figured it out when he got sick recently:

"Three weeks ago my legs were achy. I hadn't been doing anything strenuous so I chalked it up to being tired. I woke up [Monday] in the middle of the night completely soaked. I could feel sweat running down my back, that's how quickly I was sweating. It freaked me out. The next morning I had a headache, and was not feeling very good. The next night, same thing: really hot, then freezing cold. My headache was getting worse and worse. Wednesday I found my thermometer and took my temperature. It was 104. Then on Thursday they delivered my electric lawnmower. I was anxious to try it out, and I thought I'd sweat some of this out of me. After I'd done a little mowing though I still didn't feel great, maybe even a little worse, but I also noticed a hot sensation on my leg,

so I pulled up my pants leg and I found this huge rash."

Just the day before, he'd been doing research on-line, comparing his symptoms with possible illnesses. "I was pretty sure I didn't have stomach cancer, meningitis, tuberculosis," he said, explaining that the symptoms of Lyme disease are nearly identical to any of a number of other diseases, except that patients also get a particular kind of rash.

Unfortunately between 20 percent and 30 percent of victims never get the rash and end up being treated for other things while the disease continues to wreak havoc in their bodies.

Named for the small coastal town of Lyme, CT, where, in 1975, an unusual number of children (over 50 cases) were diagnosed with what was first called Lyme arthritis, it was eventually termed a disease because, after a while, the children started having symptoms that had nothing to do with arthritis, including

neurological problems and severe fatigue.

Lyme disease has been slowly migrating throughout New England since its discovery, but many people don't realize that it is now well established in Maine (see map, right). "I was surprised by the number of people [on Peaks Island] that, when I told them I had the disease, they said 'There have been no confirmed cases of Lyme disease here.'" In fact, three of his neighbors have been treated for the disease this year.

It's diagnosed nowadays based on the symptoms and the likelihood of exposure, as when, for example, "you're in southern Maine, in an area that's known for high incidence, you've got the classic rash and all the flu-like symptoms," says Sean. According to information on the national Centers for Disease Control and Prevention website, laboratory tests are only reliable in detecting the disease in the later stages of the illness.

If a deer tick is found on your body, then you're generally assumed to be infected and are treated for the disease without further question. The tick itself isn't tested, but some health centers will make sure that it is in fact a deer tick. According to the CDC, it has to stay attached for 24 hours before the disease

can develop. The characteristic rash, which usually appears in three to 30 days, is a red circular patch that gradually expands to as much as 12 inches in diameter. Often the redness in the center clears as the rash grows, giving it a bulls-eye appearance.

Mary, an associate of Sean's whose 10-year-old daughter contracted the disease last summer, says diagnosis is very difficult when the rash is not present. In her daughter's case, the doctors scratched their heads for several days, then began treating her for a kidney infection, but her condition only got worse until a rash finally appeared.

"I noticed a little smudge on her stomach, and the next day it was a red ring which got bigger during the day," Mary said. Her daughter was immediately examined for Lyme disease, treated with antibiotics, and "two days later she was off to camp and bouncing off the walls."

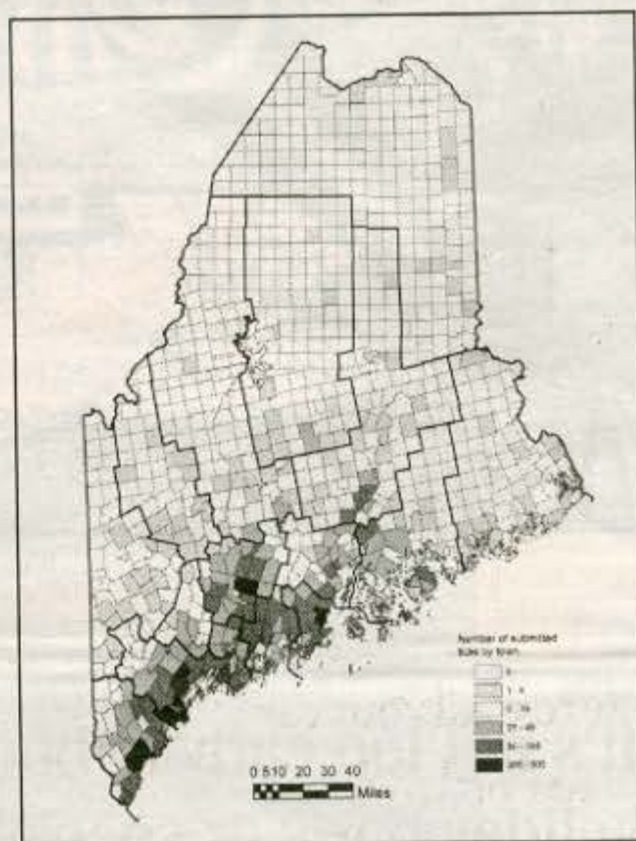
According to the CDC, several studies show that most patients can be cured with a four-week treatment of antibiotics, usually doxycycline, amoxicillin, or cefuroxime axetil. However, the side-effects of these medications can be severe. Sean was originally given doxycycline, but his doctors switched him to amoxicillin when he developed very painful rash similar to poison ivy.

Most bites of humans are from ticks in the nymph stage, and occur in the late spring and summer when they're most active, but they're very hard to see - some are no bigger than a period on this page - and finding one on you is extremely difficult. They can pass the disease onto you after first having fed on infected mice and other small rodents, which harbor the *Borrelia* bacterium in their blood without getting sick from it. "Apparently it doesn't bother the tick a whole hell of a lot either," says Sean.

Ticks don't jump or fly. They get on you when you brush against them, usually

by walking in wooded or brushy areas. The Japanese barberry bush, first introduced onto Peaks Island by the military during World War II, is a good example of a deer tick habitat, according to Sean, who thinks the one that bit him got on his body while he was working in his yard, or even more unsettling, may have ridden into the house on one of his pets. The CDC confirms that pets can bring infected ticks into your home or yard, and suggests that pet owners use tick control products on their animals.

Other information about Lyme disease and tips on how to avoid exposure to ticks is available at the Peaks Island Health Center, as well as on-line at the CDC website: www.cdc.gov/ncidod/dvbid/lyme/index.htm. Early diagnosis and treatment are the keys to recovery, and yet the disease is still often mis-diagnosed. Figuring out if someone has Lyme disease when the rash is not present is chancy at best. What showed up in Mary's daughter was dehydration and a possible kidney infection. When all else fails, she suggests that you "bring up the idea of Lyme disease."



Distribution of deer ticks (*Ixodes scapularis*) submitted for identification in Maine from 1989 to 2005

map courtesy of the Maine Center for Disease Control

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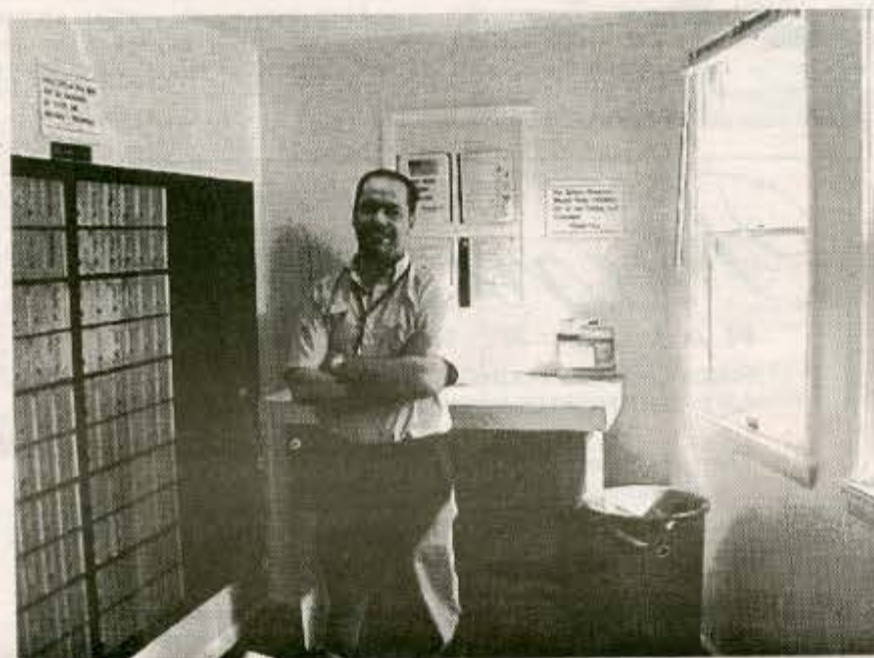
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Peaks Island's post office gets painted



"It's long overdue from what I hear," says Kathy Mosley, who took over as Lead Sales and Service Associate for the Peaks Island Post Office in late July after Bob Swett's departure last spring. In the interim, Scott Adams (left) manned the desk, and it was a good thing he did.

"I had a blast out here," he said recently, "I felt like part of the community." While he was out here he realized the post office needed some changes. It had been at least 15 years since any improvements were made to the office, and both he and Portland Postmaster, David Guiney, who inspected the office in April, felt that it needed spiffing up. "The whole idea was to make it part of the community," said Scott, "nice and clean and there for you."

To choose a color he consulted with Jo Israelson who suggested that islanders should decide. So Scott then selected five colors based on their compatibility with the

blue of the official U.S. Postal Service logo, and put them to a community vote. He says that, nationwide, there are only certain colors that are officially permitted for use by the service, but since he felt the Peaks Island office is "not a cookie-cutter post office", the ones he chose are not on any government-approved list.

Paint samples were posted in the post office on June 10, the day of the Maine state primary elections. "I thought it would be funny for people who had voted in the primary to then vote on paint," said Jo, "so we put a sign out that said 'vote here'." When people said they'd already voted, she told them, "This is for paint." According to Postmaster Guiney, the color that was chosen won by a landslide. In addition to a paint job, Scott also managed to requisition new counter tops and floors for the office, but the postmaster says they won't be installed for a month or two.

Creative Share creates a digital dialogue

An international conversation on world issues

BY KEVIN ATTRA

Participants were from as far away as Nicaragua. The event, held at Alice & Harris Kennedy's cottage on Torrington Point Aug. 9 to Aug. 15, was the third in a series of conferences organized by Bob Barancik and his wife Amy Blake, to bring people together who wouldn't ordinarily meet in order to kick-start a dialogue about contemporary issues. Over 26 people came to share information, debate issues, or just hang out, to watch, listen, and think.

Aside from these warm bodies, several experts from around the world were also involved, via telephone, in much the same way as a radio call-in show would work. In fact, members of radio station WMPG were brought in to set up and operate the equipment.

Precisely at 1:30 p.m. on Tuesday, Aug. 12, a dialogue on Genocide and State Sponsored Terror in the New Millennium began. It was

moderated by Dr. Abe Peck, former director of the Houston Holocaust Museum and current director of the Academic Council for Jewish, Christian, and Islamic Studies at the University of Southern Maine.

The timing of the dialogue had to be precisely regulated because it included four persons who were not in Maine at the time, and who were each brought into the conversation at pre-arranged intervals via telephone.

"The 20th Century is defined by two images," said Barancik by way of introduction, "the freeing of prisoners from the Nazi concentration camps, and the atomic bomb blast at Hiroshima."

The 90-minute dialogue explored the American experience and understanding of the Armenian and Jewish holocausts that took place in the last century, and the influence those events have had on how we live today.

On the eve of his attack on Poland, Hitler said, "Who remembers the Armenians?" and then proceeded to annihilate millions of Polish Jews. But before that, the Turkish army, in 1915 and 1922, murdered millions of Armenians in an ethnic purge. It was the first time modern weapons of mass destruction were used against a civilian population, and gave rise to the term genocide, but very few people in this country know about it, according to Dr. Peck. Until recently, the Turkish government would not trade with any country whose government acknowledged the atrocity, and even now,

it is risky to discuss it inside the country. "The lack of recognition of the Armenian genocide by our political leaders," said Dr. Peck, "is a continuing stain on the conscience of this country."

The dialogue involved Tampa Bay playwright Mark Leib, who said "whenever a group is demonized, that's when genocide can happen;" Polish socialist Arthur Shostak, "we must dim the interest adults have in perpetuating hate - children are taught to hate;" Apo Torosyan, film maker and descendant of the Armenian genocide; and Erin Blankenship, Senior Curator at the Florida Holocaust Museum who grew up in rural Maine and hated every minute of it.

This was probably the last Creative Share conference that Barancik will hold. He hopes that, by this example, the dialogue will continue and expand on its own.



Abe Peck, among the gifted speakers whose knowledge of history and own ethical philosophy showed some astonishing insight into the nature of hate and solutions to it.



WMPG programmer Chris Darling (standing at right) sets up camera equipment as participants in the conference, hosted by Bob Barancik (center) and Abe Peck (above), assemble to explore the issue of genocide in the modern world. Segments of the conference can be viewed by at: www.creativeedge.com

How to mail your car to Portland

STORY & PHOTOS BY KEVIN ATTRA

The other day I came across the car you see in the photo below being unloaded off the mail boat, Maquoit. I was surprised to see it riding up on the deck like a passenger, but then I've never really known how cars get freighted in from down the bay. Neither did anyone else who happened to be with me at the time, so we all decided that I should act like a reporter and find out how it's done. Here is my report.



The rather large "parcel" arrives in Portland on the back of the Maquoit mail boat.

According to Meghan Busby, who works at the ticket office in the ferry terminal, if you want to ship your car down the bay you have to make a reservation, not only because space is limited, but also because cars can only be loaded on and off during certain tides. The Maquoit was specifically designed to carry at least two cars on its lower deck, and in a pinch, it can transport one or two on the upper deck as well. Meghan said she thinks there was a shipment of four cars once, but Captain Larry Legere, who actually does the coordinating of car travel down the bay, only remembers three cars ever, and that was on a recent trip.

Shipping a car on the mail boat is not simple, nor is it cheap. In winter it'll cost you \$86; in summer \$120, and that's just one-way. Of the 50 to 70 cars that get sent down the bay each year, well over half go to Chebeague Island. "They love to book [a reservation] and go out for a week," says Capt. Legere, who thinks it's because Chebeague is so big that apparently people will pay such high prices and do the extra work needed to bring a car with them rather than walk. In an effort to keep traffic down on the islands, the district "cranked the prices up, but it hasn't slowed them down," he says. He adds that cars on Long Island tend to stay longer, and the six or so that get shipped to Cliff "go there to live forever."

Most cars travel during a season that, according to the captain, starts in April when the summer visitors arrive and ends in September when they all want to leave. "It gets quiet after that," he says, but his season starts well before the spring. "As soon as I get the yearly tide table," he says, "they start calling," although he also adds that there is never a waiting list, mainly because the reservation system doesn't allow for one.

This was the first year when reservations were made on-line, using a new system the district set up in early spring, according to Capt. Legere, who adds, "there's still a few

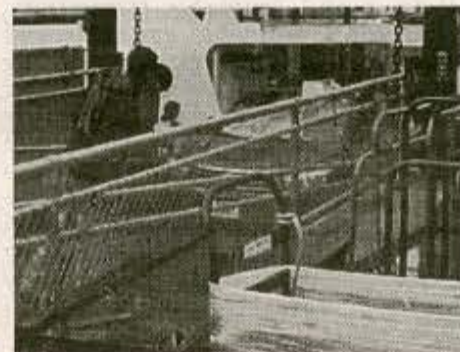
bugs to work out." He verifies by phone every reservation that comes in, and says the biggest problem is operator error. "People don't read the fine print."

"You gotta read the restrictions or we're just wasting time," he says, emphasizing that the follow-up phone call is very important to make sure the times and conditions of the appointment are understood. He remembers one customer who arrived too late for his boat because he had called the ticket office to verify the time, thinking it would be "the next boat to Chebeague", and of course, they gave him the time based on passenger service instead of the scheduled mail boat service.

Besides shipping on the Maquoit, cars on rare occasions travel down the bay on the Machigonne II car ferry, or more often on one of the Lionel Plante barges. When there are a lot of cars spending the summer on Long Island for instance, the captain will arrange a barge trip. The barge is also handy because it lands at the Boston Sand & Gravel boat ramp instead of at the passenger wharf where transferring cars is difficult at best. The barge is also used to transport vehicles that weigh more than 5,000 lbs, which includes some sport utility vehicles and pickups, because the aluminum ramps used to take cars on and off on the Maquoit can't withstand that much force.



Here the aluminum ramps have been placed. Believe it or not the car will fit through this space. The wide one is the passenger ramp without handrails.



A crew member guides the car as it is driven off the boat. Rough weather or boat swells make this phase of the job more exciting than it should be.

According to Capt. Legere, once upon a time cars were shipped on both the upper and lower decks, until one day nearly two years ago during rough weather a vehicle almost slid into the sea. "We thought the air brakes would hold it," he explains, but as the ship was tossed, the vehicle kept sliding closer and closer to the edge. "The only thing that kept it from going over was the gate across the passenger entrance," he said. It was the second time that something like that had happened, so all the captains immediately got together and decided not to put cars there anymore. The captain says the upper deck is used now only in rare and unusual circumstances.

I didn't want to mention the fact that the car being off-loaded in these pictures, the car that I would not have seen had it been shipped according to the rules, and that I therefore would not have been inspired to write about and photograph - that car - had been parked on the upper deck.

I probably shouldn't have said that.

To make a reservation, go to www.cascobaylines.com/vehicles.htm#downbay, fill out the form and submit it. You'll get a call to confirm whether the date(s) you requested are available. If you don't hear back within one week, please contact Capt. Legere at (207) 774-7871 or by e-mail: larryl@cascobaylines.com.



Free at last, the car is delivered to its owner, who only got to drive a few hundred feet before facing the first traffic light he'd seen most likely in weeks.

COMMUNITY NOTES

AT THE GEM GALLERY

Solo and small group exhibitions change weekly through October, with larger themed member shows off-season and a holiday sale each year.

The following weekly shows will be featured this month:

Sept. 4 to Sept. 9; Kathie Schneider



Reception Sept. 4th, 5-8

Kathie Schneider
• Gem Gallery •
Peaks Island, ME
Sept. 4-9

- "Floral Tributes"; Opening reception Thursday, Sept. 4, 5 pm to 8 pm.; photographs taken of real flowers, shot on the Island earlier this spring, with photographs of carved flowers found on the memorials at Evergreen Cemetery. The Evergreen photos are part of an ongoing project, illustrating a paper she is preparing for American Graveyard Studies in 2009 - one of her weird hobbies.

Sept. 12 to Sept. 16 - Cole Caswell



Oct. 10 to Oct. 19 - Suzanne Parrott

The GEM Gallery is a cooperative of 26 artists living and working on Peaks Island in the varied media of painting, drawing, sculpture, pottery, jewelry, photography, printmaking, assemblage, fiber arts and writing. The gallery mission is to "share and sell fine art and contemporary crafts and to reach out and create an inviting, professional, friendly space that shares, educates, and celebrates art."

Hours are Thursdays 5:00 p.m. to 8:00 p.m., and Fridays through Tuesdays 2:00 p.m. to 7:00 p.m., with additional hours at the discretion of each weekly artist. Please call the gallery at 207-766-5600 for more information.

PHOTOGRAPHY AND DANCE EXHIBIT

Sunday, Sept. 14; Dance performance and photography exhibit; 2 p.m. to 4 p.m. at the Lifeworks Chiropractic Center, 202 US Route 1 in Falmouth, Maine (the Foreside Place building) Arthur Fink, whose exhibit of dance photography continues through September, will speak about his process in creating the images. Dancers Jessamyn Schmidt and friends will present a short introductory piece at 2:30 p.m. Also on display, for the one afternoon, will be 20 framed prints previously shown at the Bates Dance Festival, which are part of a new traveling exhibition. Autographed copies of Fink's new book of dance photographs, *Dance*, will be available for sale, along with all the framed prints.

AT THE FIFTH MAINE

SONGWRITERS BY THE SEA - Saturday Sept. 20, at 7 p.m. the Fifth Maine will be hosting the fifth and final concert of the Songwriters by the Sea series for this season. Please join host Phil Daligan in welcoming local singer/songwriters Bob McKillop and Doug Kolmar along with Alan Dickson from Glasgow, Scotland. An \$8 per person donation is requested.

HARVEST SUPPER - Saturday, Oct. 11; two seatings at 5:30 p.m. and 7 p.m.. Bring the whole family to our traditional end of the season celebration. Menu: pot roast, roasted fall vegetables, breads, dessert, beverages prepared by chef Bill Hinderer. Tickets are \$12/adult, \$7/under 10. Reservations STRONGLY suggested, as the supper usually sells out ahead of time. To make reservations, please call 766-5514.

Museum hours at the Fifth Maine from Labor Day through Columbus Day will be Saturday and Sunday, 11 am - 4 pm. FMI call 766-3330; website: www.fifthmainemuseum.org.

LOAF & LADLE DINNER

The Loaf and Ladle Dinner for September 9th will feature chicken recipes, salads, side dishes, and surprise desserts. Come and celebrate the beginning of the school year. If you have been before you know how delicious the food is. Dinner is served from 5 p.m. to 7 p.m., at the Peaks Island Baptist Church on Pleasant Avenue. \$5/adults, \$2.50/child. All proceeds go to PITA-Energy Assistance. For more information, call Cynthia at 766-0067.

FRIENDS OF CASCO BAY FILM FESTIVAL

Saturday, Oct. 4, 5-9 p.m., Friends of Casco Bay will host the Wild & Scenic Environmental Film Festival in Abromson Auditorium on University of Southern Maine's Portland campus. This family-friendly event features a selection of films, from humorous animated shorts to inspiring full-length documentaries, two receptions with food provided by Whole Foods, a cash bar, and celebrity presenters.

Film, ticket, and sponsorship information can be found at www.cascobay.org. Tickets are \$15 in advance, \$20 at the door. The price includes food, festivities, and admission to all films.

GREEN PEAKS

Islanders have long known the best ways to recycle items we no longer want - just put it out in front of the house with a free sign on it. Let's all agree that FREE needs to be on the item so no one picks up a bed frame or table, for example, meant for some other purpose.

Go to Gaiam.com/Composting for an inexpensive bucket with a charcoal filter to keep in your kitchen for all fruit and vegetable trimmings, coffee and tea grounds, egg shells and nutshells. With no fanfare, simply empty your bucket once a week in a far corner of your yard. Don't delay any longer giving back to the earth some of what you take away from it. It will also reduce methane emissions at landfills. A folder sheet of newspaper at the bottom of the bucket helps make the emptying neater. The paper will compost nicely and scraps won't get stuck to the bottom of the bucket.

Island Survey

The Best & Worst Things About Summer's End

BY J.B. KATZ & R.D. WINGFIELD

Very few places change as drastically at the end of summer as Peak's Island. The passing of Labor Day not only signifies the mass exodus of Peak's part-time residents and tourists, but also a huge mental and physical gear shift that all of us share, no matter what we do, where we live, or how old we are.

But, as the saying goes, one man's meat is another man's poison. Here's how autumn's arrival is affecting your fellow islanders -- from the good to the bad.

Elliott Barowitz - Artist & Professor

Best: There's nothing really good about summer ending, you know except that sometimes I like the fall, but unfortunately I can't stay up here. I like it when it gets cool and crisp but not cold.

Worst: Having to go back to my so-called day job. I've taken the whole summer off since '76.

Fantai Bridges - 4th Grade Student

Best: I'm looking forward to going to school. I like to learn.

Worst: You won't get that much free time again like when there's no school.

Hutch Brown - Bartender

Best: It means we're one step closer to getting rid of George W. Bush.

Worst: (No response)

Maximilian Eaton - 1st grade Student

Best: The leaves fall off.

Worst: The leaves fall off.

Holly Hurd-Forsyth - Museums Collection Manager

Best: Having more room on the boat.

Worst: The water's basically the same temperature that it was in June. There was just too much cold weather and the water was too cold for me, which was sad because I like swimming.

John Jennings - Software Developer

Worst: Shorter days - that's a bad thing. And less daylight.

[Best: (No response)]

John Larson - Retired Porn Star (so he says)

"What summer?"

Faith York - Musician Extraordinaire & Corporate Trainer

Best: Fall is my favorite season and is a good time for change. I love the cool weather and the leaves. Also, my church choir comes back from the summer, which I love.

Worst: A lot of the creative, music projects I've been involved in, like the Music Association's Summer Series, is over. I also have good friends who are leaving the island, so that's sad.

Patty Latham - Public Works Employee

Best: Less blue bags. Less litter. Less traffic.

Worst: The freaking snow's coming.

Jeff Lopez - Time Warner Cable Guy

Best: I don't feel like I'm driving an ice cream truck when I get off the boat anymore. Everyone just swarms to my truck when they see the 'Time Warner', especially in the spring time.

Worst: There's not usually enough work to keep me out here when it's the end of summer.

Lisa Lynch - Proprietor, Peak's Island Café

Best: Catching up on rest and seeing the islanders again - we'll get folks coming back in who can't get through the door in the summer.

Worst: Saying goodbye to good, summer friends. Also, the winter is so hard, you don't want to look forward to winter.

Jeanne Martin - Café Cutie

Worst: That summer had ended.

[Best: (No response)]

Evan Michalski - High School Sophomore

Best: Everything slows down and all the tourist and people leave so it chills out.

Worst: All the friends you've made over the summer leave.

Sam Weiser - 7th Grade Student

Best: I get to go back [home to Lebanon] and my family gets to calm down after all the excitement and my relatives coming up all summer long.

Worst: All the friends we've made have to go home.

Next Month

The kindness of strangers

Artist Jo Israelson spent this past summer working on a memorial sculpture in honor of her father, whose ashes were scattered on Pumpkin Knob upon his death in 1987. She grew up on the island and lived here for many years as a child, but has lived in Union Bridge, MD now for the past 21 years, and didn't know a soul when she started the project last spring. She worked and lived under a tent at the end of Knickerbocker Lane, near the home of Dave and Mary Haeger, who gave her permission to build the sculpture on their property, and overcame some very formidable obstacles, such as the need for electricity, only through the spontaneous, and often very generous help of over 60 islanders, all of whom were complete strangers to her when she started. Her story is in the next issue of the Island Times, but you can see the sculpture anytime. She'll be very pleased if you do.



Jo Israelson (center) passed out apple coffee cake to passers-by down front to thank islanders for their help in building a monument to her father. By the time she completed the sculpture, and a video for the MacVane service as well, she was "out of money, out of everything." But someone lent her a house with a full refrigerator, and she had herself a well-earned vacation. Shown with Katherine Carter a culinary arts student at SMCC who made the cake.

Source Water Protection and Septic Systems

BY ART ASTARITA

Before I begin another article, I would like to apologize to our Long, Cliff and, possibly, Chebeague island neighbors for my failure in last month's article to mention their distinctive drinking water situation.

These islands do not have an alternative source to obtain their drinking water. Unlike Peaks and the Diamonds, Long, Cliff and Chebeague rely solely upon their own groundwater aquifer. Any aquifer that supplies at least 50% of the drinking water consumed in the area overlying it is considered a "sole source" aquifer. Other Maine islands have this exclusive tag, such as Monhegan, Vinalhaven, North Haven and Islesboro. This situation should increase awareness and vigilance to protect the nature and value of the local groundwater resource

If you are like the majority of households on Casco Bay, your home has a septic system. Fewer than 200 houses are connected to the wastewater treatment plant on Peaks Island. If a common plot of ground is available to several homes, they can join together in a clustered, on-site disposal system, but as a rule, private wastewater not piped to a centralized treatment plant, such as a home with a septic system, falls into the category of decentralized wastewater treatment.

According to the U.S. Environmental Protection Agency, decentralized wastewater treatment systems collect, treat and release about four billion gallons of effluent per day from an estimated 26 million homes. Nationwide, approximately 40 percent of the new homes being built will rely on some kind of on-site system to treat wastewater (Ground Water Protection Council, 2007).

Being off the "sewer grid" is nice (no monthly bills) but it results in more responsibility for the homeowner. Many of us moved from cities where sewer water was treated centrally: "Flush It and Forget It". But keeping a septic system in top working order can save you money, add value of your

property and protect the groundwater and marine water quality. Ensuring safe drinking water and clean marine water is essential to a healthy and viable (island) community.

There are over 300,000 septic systems in Maine. Your septic system takes in wastewater from your home and discharges it back into the ground water system. The care you take maintaining your system and using it properly can reduce its effect on the quality of the ground water (Maine DEP).

Septic systems must be installed correctly, and all Maine municipalities are required by statute to have a local plumbing inspector and code enforcement officer. But not all towns have full time officers, and enforcement may vary from town to town (Maine CDC, 2007). In order to work properly over time, the system must also be maintained, but maintenance is costly, and the repair or replacement of a system can be postponed for too long.

A typical septic system is composed of two parts: a tank and a drain field. Tanks are made of concrete, fiberglass or polyethylene, and are usually sized based upon the number of bedrooms. Most designs use a ratio of 90 gallons per bedroom. Remember, designs reflect a maximum capacity and do not reflect actual usage.

The tank provides settling of solids and separation of fats, oils and grease, known as FOG in the industry. Very little bacterial action occurs in a septic tank; although, recent innovations allow for pumps that provide oxygen to the bacteria bugs, which creates more aggressive breakdown of the solids prior to flowing to the drain field.

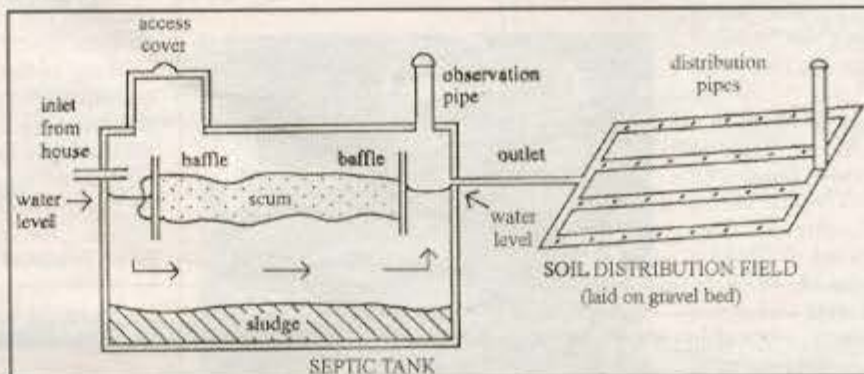
The drain field contains perforated pipes or chambers that are designed to distribute the effluent over a wide area. The wastewater percolates down through sand, where bacteria again "eat" the waste matter, before it eventually migrates into the water table. Where soils are poor, plastic "bio-mats", which allow more places for the bacteria to grow, can be installed so the wastewater can be cleaned.

To ensure that your septic system stays healthy keep maintenance records, know

your pumper, and mark the location of the tank and drain field so you can protect them from development, or from driving equipment over them. Check out the information and forms for private septic owners at www.maine.gov/dep/blwg/docgw/sbp4.pdf.

The following tips will help maintain a healthy septic system and should also help conserve water:

Pump out your septic tank every two to five years, depending how heavily the system is used. Insist that the pumper clean your septic tank through the manhole in the center of the top of the tank, rather than through the inspection ports above the inlet and outlet baffles.



From the Safe Home Program bulletin #7119-E titled "Fact Sheet No. 4: Household Wastewater", published jointly by the University of Maine Cooperative Extension and the Maine Department of Environmental Protection.

Don't use a garbage disposal. Using a garbage grinder creates a build-up of grease from meat scraps, bones, and insoluble vegetable solids such as cellulose.

Keep grease out. Kitchen grease, such as bacon fat and deep fryer oil, is not broken down easily by your septic system. It will eventually clog the drain field, requiring extensive repairs. Kitchen grease cannot be dissolved away because the solvents capable of dissolving it are all hazardous to human health or the environmental, and would certainly end up in the groundwater.

Don't use automatic disinfectant toilet bowl cleaners, such as those containing bleach or acid compounds. The continuous slow release of these chemicals into the septic system kills the micro-organisms which treat

your waste water.

Keep cleansers and other chemicals out. Minimize the amount of household cleaners (bleach, harsh cleaners) and similar potentially toxic substances entering the septic system. If you do a lot of painting or staining, as with a home remodel or renovation, and you wash the tools in a sink or basin which drains to the septic system, pump out the tank every 6 to 12 months. Note: some substances are not allowed to be introduced into septic systems or groundwater tables. Check out <http://www.natural-healthy-home-cleaning-tips.com/>

Conserve water use. Prevent large surges of water entering the septic tank which may short-circuit the tank processes. Avoid flushing the toilet frequently especially when not necessary. "If it's yellow, let it mellow; if it's brown flush it down."

Use dishwashers or washing machines only when they're full. Shut off the bathroom sink while washing, shaving or brushing your teeth. Limit shower time. Turn off water while soaping up. When taking a bath, plug the bathtub drain before you start running the water, and fill the tub only a quarter full.

Make your fixtures efficient. Repair dripping faucets. Make your toilet a low-flow model by placing a plastic container filled with water in the toilet tank to reduce the volume of each flush. Don't use anything that can dissolve or generate particles, such as a brick to displace the water. Or install water saving plumbing fixtures, such as one-liter toilet tanks.

For more information, go to www.maine.gov/dhhs/eng/water/forms/Sections/SafeHome.pdf, or contact the author at 766-3065.

Art Astarita is a geologist and water resource specialist with RCAP Solutions, Inc.

Peaks' Rocks

AN INTERVIEW WITH GEOLOGIST

JOHAN ERIKSON

BY CYNTHIA MOLLUS

You really can't think about Peaks Island without thinking about rocks. Rocks comprise most of the coastline of Peaks, leaving only a couple of tiny sandy beaches. Rocks submerged at high tide are not at all friendly to boats no matter if they're powered by sail, motor or kayak paddle. And if you garden, you know that virtually every time you put a shovel to the ground, you hit - rocks.

So what are these rocks, and how did they get here? We sat down with geologist Johan Erikson, Assistant Professor of Natural Sciences at St. Joseph's College, and the newest board member of the Peaks Island Land Preserve, to get the story.

Island Times: What can you tell us about our history through Peaks' rocks?

Johan Erikson: The rocks of Peaks Island are of two basic types. Almost all of the rock on the island is medium-grey to brownish Ordovician schist and gneiss, which is to say that the rock is about 450 million years old and now consists of quartz, feldspar, mica, garnet, and silicate minerals. It is part of a belt of similar rock that extends northeastward from South Portland to Bath and eventually to just north of Belfast. This rock originated as volcanic debris, sands, mud and a little bit of lime on a sea floor in warm equatorial waters in a setting that probably looked like the eastern Caribbean or Indonesia without the vegetation. Long after this mix

accumulated on the sea floor, the volcanic island range it was part of collided with ancestral North America, and forced these sediments to be buried under six to nine miles of rock in the collision zone. At this depth, the sediments were subjected to high pressures and temperatures of 500°-850°F, which led to the formation of the shiny micas and other minerals seen in many of Peaks' rocks. More continental collisions lead to the formation of one giant super-continent called Pangea. What would become New England was probably in the middle of it.

IT: Where can we see this rock?

JE: Most of the Backshore is comprised of this rock, especially in the southeast corner. The tourists who are making all the stone sculptures don't realize the rocks they're working with are about 450 million years old. The formation known as Whaleback, a mica schist with mostly quartz and feldspar and lots of little mica flakes all aligned, is from the same era. If you look at Whaleback - and most of the rocks on Peaks - you'll see that the layers are now almost vertical.

IT: What about the rest of the rock?

JE: There's a big gap in the history of what we see from the Ordovician to the Jurassic eras. A small fraction of the island's rock is Jurassic basalt; it is about 200 million years old and is the very fine-textured, dull, charcoal grey to brownish rock that exists as one- to three-foot-wide, vertical layers. This rock was formed when Pangea started to separate into smaller continents. Molten lava from 30 miles deep starts to make its way into the separation zones, which are cut by numerous fractures oriented southwest to northeast. Some of these tension fractures have this basalt, in a semi-liquid form at 1800° F, injected into them, forming some of the rocks we see on Peaks as well as in coastal

areas from Connecticut to Nova Scotia.

IT: What happened next?

JE: During this period, the rocks we see on Peaks slowly migrated to the surface, due to erosion of the overlying rock. This was a very slow process that averaged only about one inch every 1,000 years. As the rocks rose from great depth, they slowly cooled. During their ascent, more cracks and fractures formed, and many of these were filled with the white quartz veins that are seen in locations around the island. This happens because the quartz melts at a relatively low temperature, so it can be a very hot liquid while there is solid rock around it, and it fills in the cracks. Also, during the Jurassic and Cretaceous eras 150 million to 120 million years ago, the young Atlantic Ocean was forming. Our area would have looked a bit like today's Red Sea region, where we would be on the western shore and what is now northwestern Africa and the Spanish peninsula would be on the eastern shore. Today, North America continues to move away from Africa and Europe at a rate of about two inches per year.

IT: Then, we have more huge gaps in our history. Why so many gaps?

JE: Although rock was still forming during all these eras, we don't have much direct evidence of what was happening on the surface here during these gaps. What you see here in Maine is maybe like 20 pieces of a 500-piece puzzle, and maybe Quebec has another 20 pieces and Spain might have another 20, and so on. During all these periods the land rose and fell. As it rose, much of it was eroded away in certain areas, so there is no record of it. Each area has a different view, which was formed by its particular set of circumstances. If you look at the middle of the country, they have perhaps a continuous record from 150 million to 50 million years

ago, but nothing before or after. What you see depends on where you are.

However, we do know that this area has been near the coast for all of that time.

IT: What was the next big influence on Peaks' rocks?

JE: About one million years ago, glaciers may have made their first appearance in the region. After several ice ages and interglacial periods (like now), the most recent ice age, approximately 25,000 years ago, resulted in glaciers one-half to one mile thick passing over Peaks. The ice was in this area for several thousand years, and left its mark in the form of polished, smooth surfaces and large erratic boulders such as the one just off Centennial Beach. Sea level was about 400 feet lower globally than today, due to the water locked up in the glaciers. The shoreline was seaward of Georges Bank, where mammoth would have been grazing in the local tundra.

IT: And when the glaciers receded?

JE: The weight of the glaciers had depressed the surface of the land below sea level, such that as the glaciers began to melt away about 14,000 years ago, the global sea level was raised and our shoreline rapidly moved inland as far as Sebago Lake, and well inland from Augusta about 12,000 years ago. At this time, some of the marine clay found on the island accumulated in our now shallow, cold ocean in which walrus dug for Arctic clams. As the weight of the glaciers continued to decline, the land bobbed up like a cork, causing the shoreline to race back seaward across Peaks 11,000 years ago. Since 10,000 years ago, the sea level has been slowly rising at about 0.1 inches/year, causing the shoreline to slowly creep landward again, making Peaks the island, the Rock, we know today.

MAPLE, from page 1

spread. This method is further explained on the American Forests website, www.Americanforests.org.

Mr. Munn's tree has a five point lead on the last registered Norway maple, which is in South Berwick. That tree, nominated by Rick Coughlin, had a total of 258 points. Ms. Santerre says that, "this tree will be re-measured for the greatest accuracy in the new register...but, unless damaged, will likely be larger since it was last measured in 2002."

If the two trees are within five points of each other, even according to the newest measurements, they will be listed as co-champions. Mr. Munn says that if this happens it would be "an honor to be listed as a co-champion." He does, however, confess that he goes to bed wishing that the "South Berwick tree has fallen down" or "rotted" and he would be "ecstatic" for his tree to be the only winner.

The final results will be announced in a March 2009 edition of the Maine Register of Big Trees, a publication from the Department of Conservation's Maine Forest Service directed by State Forester R. Alec Giffen. The register was started in 1968 by Forest Commissioner Austin H. Wilkins to locate the largest of the forest and shade trees, according to Ms. Santerre, who adds that the state forest service "continues with this effort today." The register is updated every two years.

In his 2006 article, titled "After 100 years, this Peaks Island maple is still going strong," David Tyler, former co-owner of *The Island Times*, mentions that Margaret Randall, the planter of the tree, was born on Peaks Island. She taught on the Island in the 1950s and was active in the Fifth Maine Regiment Museum, Brackett Memorial Church, and the American Legion. She died at age 92 in the early 1990s. According to Mr. Munn, she was both a family friend and "like a grandmother to my children." At the time of the article's writing, Mr. Munn's tree was 100 years old.

Mr. Munn, who grew up on Peaks Island and attended the Peaks Island Elementary

School until the sixth grade, said that he has always loved trees. When talking about the contest, he said, "I've been very excited since we got a positive response from the State of Maine" and "it has become very important to me."

According to the National Park Service, the Norway maple originated in Europe and Western Asia and was "introduced [to the United States] for use as an ornamental landscape plant." Now the Norway maple "is found in 13 states in the eastern United States, from Maine to Virginia and west to Wisconsin." In many of these states, it is considered an invasive plant.



Mr. Munn holds a picture from 1908 depicting the Norway maple when it was just a sapling of about two or three years of age.

photo by Becky Tavani

COUNCIL, from page 8

policy issue whether or not islanders want to go to higher density zoning."

The PIC has been sponsoring regular public meetings between the two groups since June in order to facilitate a consensus among the community on the need for and appropriateness of this project. The fourth of these meetings was held Tuesday, Aug. 26 at the community center, and according to Mr. Tiffany, who moderated the discussion, the goal was to collect answers to the question: what would a successful affordable housing project look like on Luther Street? "In this meeting there are no bad ideas," he said, "just ideas; as many as possible." The PIC was also represented by Councilor Kathryn Moxhay, and Chair Mike Langella who recorded the suggestions from the audience on large sheets of paper taped to a wall.

Many of the neighborhood residents and community members at large stated that the existing zoning should be preserved on the basis that the variances required by Homestart would create a precedent leading to uncontrolled development across the island. One resident pointed out that the possible sale of Jones Landing is an example of property that could easily be developed into a multi-unit condominium complex if the variance were granted for Luther Street.

Coincidentally, the city is expected to approve a similar variance for the conversion of the Fort McKinley barracks building and hospital into a 35-unit condominium hotel at Diamond Cove in its regular meeting Wednesday, Sept. 3. The agenda for the meeting states, "The Planning Board is forwarding a positive recommendation to the City Council regarding a proposed amendment to the Diamond Cove conditional zoning that would facilitate the conversion of the 'Double Barracks' building and 'Hospital' building into residential hotel condominiums (hoteliniums) on Great Diamond Island. The applicant is The Inn At Diamond Cove, LLC. The buildings are deteriorated, and this proposal is viewed as the best chance to save these buildings in the near term. The

conditional zoning amendment is needed because residential hotel condominiums are not listed as a permitted use in the present IR-3 zoning test."

Some people questioned the premise of addressing affordable housing by constructing new homes at all. Mr. Tiffany eventually asked, "Is affordable housing an oxymoron on Peaks Island?"

Much of the conflict over the Luther Street project has been blamed on miscommunication and misunderstanding between residents and members of Homestart, so it was particularly unfortunate that Homestart President Barbara Hoppin's description of the people she imagined needed affordable housing included those "who work at Plante's, who fix our homes, who clean our houses."

A member of the audience immediately responded that Ms. Hoppin seemed to be describing servants in a class system based on occupational status, as if "we are the owners of the plantation and need housing for our help". Another woman agreed, adding that Homestart does not seem to address the need to preserve affordability for someone like herself, who is a married professional and long-time island resident struggling to keep the home she has. She described the assumptions made by Homestart in its design of affordable housing as "dangerous and absolutely offensive".

Despite the gaff, Homestart board member Dick Reed was glad the meeting took place, and said afterward that the Luther Street controversy "has been going on for about a year, and this is the first time we've been able to hear suggestions" from the community. He expected that the next step will be for Homestart to respond, "put some sketches on the wall, and reach a consensus." The suggestions he heard most clearly at the meeting were: to put one additional single-family house on the property and keep the trees; to put two additional single-family homes on the property and keep the trees; or build a townhouse, which he felt was probably the most affordable design.

In Memory

Douglas MacVane, 84



Douglas MacVane passed away suddenly on Wednesday August 20, 2008. He was born April 10, 1924 in Portland, ME the son of the late James Leon and Ethel May (McCloud) MacVane. Upon graduation from Portland High School Douglas enlisted in the US Navy and served on the USS Baltimore during WWII. Following assignments through several vessels he completed his career after serving many years in the submarine service. Upon completion of 26 years of honorable service he retired to Peaks Island.

Often considered a fixture on Peaks Island, he was known by many and always had a kind word for visitors and residents alike. He considered the people of the island his family, and was known for keeping past values but was open minded for new ideas. For his lifetime dedication to the community he was presented the

key to the City of Portland on his 80th birthday, this was one of many awards he received by the people and organizations of Maine.

He tirelessly advocated for the improvement of quality of life for the residents of Peaks Island by participating on many committees and groups of the island as well as Casco Bay. His involvement included Casco Bay Transit District, American Legion Post #142, and 5th Maine Regiment Museum. He compiled an extensive genealogy of the MacVane family in New England including research in Scotland, Canada, and the United States.

As well as being predeceased by his parents Douglas is predeceased by his brothers Glenn, Bruce and his wife Lois, Donald and Walter MacVane and also his sister Donna and her husband Ted Lauritzen. He is survived by his sisters Vivian and her

Husband Gerald Olson and Beverly and her husband Malcolm Murray and two sisters in-law Alicia and Pili MacVane. He is also survived by many nieces and nephews who loved him dearly.

He was interred at Riverside Cemetery in Yarmouth ME on Monday August 25. A celebration of his life was held on Peaks Island on Sunday, Aug. 31 at the Lion's Club.

For all those who knew him understand that a brief obituary can not fully describe his life. In lieu of flowers donations in Douglas's memory can be made to The Peaks Island Fund, C/O The Maine Community Foundation, 1 Monument Square, Suite 200, Portland, ME 04101.

Hugh T. Barker, 90



Hugh T. Barker, Jr. of Peaks Island and Amherst, NH, passed away on Friday, July 25, after a courageous battle with cancer. He was 90 years old.

Born in Winchester, MA on Oct. 28, 1917, one of two sons of Hugh T., Sr. and Flora M. Harper Barker, he graduated from Medford Mass High School and furthered his education at Tufts University and Wentworth Technical Institute. He was employed by New England Telephone Co. for 42 years and retired as a network manager in 1979.

During WWII he was captain of the 1077th Signal Company in England and Mainland Europe

and was later recalled for the Korean Conflict. He began his long love of Peaks Island as a child and, except for the war years, spent every summer here.

Hugh was predeceased by a brother, Bruce A. Barker. He is survived by his loving wife of 66 years, Marcia F. Barker; his son, Hugh T., III, daughter Janet F. Clements and her husband John; two grandchildren and two great grandchildren.

Memorial services were held Aug. 8 at St. Christopher's Church on Peak's Island, and Aug. 16 at Amherst Congregational Church in Amherst, NH. In lieu of flowers,

donations may be made in Hugh's memory to the Peak's Island Fund (c/o Maine Community Foundation, Suite 200, One Monument Way, Portland, Maine 04101); the Fifth Maine Regiment Center (c/o Kim MacIsaac, PO Box 41, Peaks Island, Maine 04108) or to the Androscoggin Home Care & Hospice (PO Box 819, Lewiston, Maine 04243).

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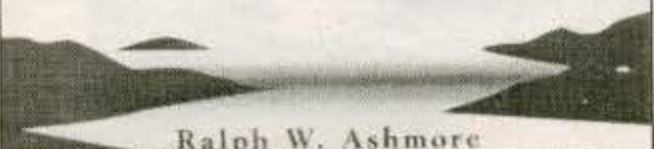
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Lions Club's 59th Annual Variety Show



Ted Haykal (in hat) and Annie O'Brien (far right) performed with an improvised cast of all kinds culled from the audience. They said their act was listed as a "Song Duet" in the program because neither of them knew just what they were going to do until they got on stage.

STORY AND PHOTOS BY KEVIN ATTRA



Chris Hoppin sweltered in full tuxedo to host the two-night event.

It was two days of crowd-pleasing, good time fun when the 59th annual Variety Show took to the stage at the Lions Club on Aug. 4 and 5, a venue that has featured over a century of music, dance and drama on the island. Two clear days of summer in the weeks of non-stop rain, and the theater filled up each night with a high-energy crowd.

Doreen McCann has organized the event for more than 40 years, and Chris Hoppin, who hosted the event, felt that this show, in particular, had a great balance of music, dance and story telling. Looking cool in a full tuxedo, he told the audience he'd decided to keep the number of jokes to a minimum, so he only told two each night.

The acts ranged from the outstanding to the courageous to the just plain fun. Among the outstanding acts were Rick Grombetti, who sang an original work about an island gypsy with a kind of warble reminiscent of yodelling; the Irish dancers Thomas (8) and Cristin (10) McDonough; Eileen Hanley whose voice is an island phenomenon; and the dazzling Jitter-bug new-comers Liz and Kevin Rollins.

This year's True Grit award was presented by Chuck Radis to George and Celia Rosol Aug. 4 for their selfless contribution to the quality of the life on Peaks Island. The couple seemed genuinely surprised that they had been chosen to receive the award.

During intermission special guest, Rip Tide, played some classic rock from the 60's and 70's. The band members are (left to right) Dennis Look, lead & rhythm guitar; Kevin Parr, bass & lead vocal; Ernie Look, drums & backing vocal; and Pete McCann, lead & rhythm guitar.



Thomas McDonough watches one of the acts from back stage before going on himself. Both he and his sister, Cristin, wowed the audience with Irish dance in individual and combined performances during the show.



Belle of the Ball - Doreen McCann cues her son David during one of his tap dance numbers. Although stricken with MS, she continues to teach dance, and has organized and directed the variety show for over 40 years.

At the end of his dance number, David ran off stage and give his mom a big kiss, then clasped his hands over his head like a prize fighter to revel in the applause.

